

Florence's Only Certified Bariatrics Center Florence Wellness & Weight-loss Center

under the direction of **J. MARSHALL DENT, M.D.,**
FLORENCE'S ONLY BARIATRIC PHYSICIAN

NOW OFFERING FULL & MODIFIED FAST AS WELL AS OTHER PROGRAMS TAILORED TO YOUR INDIVIDUAL NEEDS

“ I've lost **46 POUNDS!** ”

Jamie Timmons tells her story.



HER STORY....When my size 14s started getting snug, that's when I was highly motivated to start a weight-loss program. At the time, I weighed 176 pounds.

I went to Florence Wellness & Weight-Loss Center and began the Low Carb/High Protein Plan. I watched the intake of my carbs and ate more protein. I also took an appetite suppressant. I didn't do any kind of exercise until I got to my goal weight.

The hardest part of sticking to the diet was because I have four children – and I still had to cook for them. Unfortunately, the food they like isn't as healthy as the foods I had to start eating.

Nevertheless, seeing the weight come off made me keep going. The more weight I lost, the more I wanted to lose. The best thing about losing the weight is feeling better and loving the way I look – which is much smaller. My advice to others is simple. If you really want to lose weight, you can. Just get on a good program like those offered at Florence Wellness & Weight-Loss Center – and stick to it. At my two-week visits with Dr. Dent, if I hadn't lost any weight, I knew it was because of something I had done differently. I knew the program that I was on worked because I had lost weight in the weeks before.

The programs offered are great tools, and they do work. I made the right choice when I went to the Weight-Loss Center. The rest was ultimately up to me.

Now, I weigh 130 pounds. That's a total loss of 46 pounds. And I lost those 46 pounds in five short months.

Jamie Timmons and her husband of five years, Tripp, live in Timmonsville. Jamie's most important role in life is that of Mother to four great children. Her daughter, Erin, is 14, and her three sons are Lee (12), Jake (8) and baby boy, Hayden. She is employed at Timmonsville Post Office, and she also works with Fitness World Gym in sales. She enjoys working out and spending time with her family.



after

before

Top 10 reasons to choose Florence Wellness and Weight-loss Center

1. The ONLY board certified bariatric physician in the Pee Dee
2. The ONLY certified Bariatric Center in the Pee Dee
3. The most cost effective program in the Pee Dee
4. Individual programs tailored to your needs and the flexibility to change programs
5. Thorough metabolic laboratory evaluation on every patient
6. The knowledge and experience to offer hormone balancing to enhance weight loss
7. Bonafide maintenance program once goal weight is obtained
8. Each patient seen by physician every visit
9. All inclusive plans (no hidden cost)
10. Flexible hours and late hours to better accommodate your schedule

MOST COST EFFECTIVE WEIGHT LOSS PROGRAM IN THE PEE DEE!

Programs as low as \$45 every 2 weeks, including Lipotropic Injections, Vitamins, and Appetite Suppressants

Complete Women's Health Care J. Marshall Dent, M.D.

Member of North American Menopausal Society • Member of American Bariatrics Physicians

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See Dr. Dent's article
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