



Give us 8 weeks and we'll change the rest of your life.®

AGENDA

8WW® Two-Day Intensive Workshops

Day One

8:30-9:00 Registration and Office Tours

9:00-12:00 **Session I**

- Meet the 8WW Team
- 8WW Background -The Why behind the What
- Patient Testimonial
- The 8WW Patient Experience /New Patient Processing
- Question and Answer

12-12:30 Lunch and 8WW Doctor Testimonial

12:30-3:00 **Session II**

- Orientation: Components of the Program

3:00-3:15 Break

3:15- 5:30 PM **Session III**

- Patient Testimonial
- What does it take to get started? The Office, Staffing and Financial Requirements of an 8WW office
- Question and Answer

Day Two

6:00-6:50 High Intensity Interval Training (HIIT)

8:00-8:30 Distribution of Materials/ Attendee Consultations

8:30-12:00 PM **Session I**

- Nutrition
- Why Metagenics®?
- Marketing, Social Media and Advertising
- *The 8WW Program Manual*
- Question and Answer

12:00-12:45 Lunch

12:45-3:00 PM **Session II**

- 8WW Exercise protocols
- Transitioning to a Wellness Office
- Next Steps

Contact: Dr. Dane Donohue • drdane@8ww.com • Ph: 267/980-5660 • www.8ww/centers.com