



Recreate Life to Lose Weight

Your Local Weight Loss &
Wellness Program

Are you ready to make a change that is
worth it?

Healthy Changes That Really Pay Off

Get Back to the Basics of Defining a
Healthy Lifestyle

Mary Ann Wietbrock RN MSN ACNS BC

An Advanced Practice Board Certified Clinical Nurse Specialist

Specialized in Fitness & Nutrition

Cardinal Elements Inc.

102 Granby Dr. Suite #106 Cumberland IN 46229

wellnessprogram@[cardinalelements.com](mailto:wellnessprogram@cardinalelements.com)

www.cardinalelements.com

317-410-9140