

Happy New Year, patients and friends!

We hope that everyone enjoyed the holidays and that your new year is off to a fantastic start! It's that time of year again when it seems like everyone and their brother is hitting to the gym to shed some of that excess winter weight. If losing a few pounds is one of your New Year Resolutions, **we're here to help!**

TWAAMC specializes in **medically assisted weight loss** and **offers many effective methods for losing weight long term**, including the **hCG weight loss program** - a hormone assisted program that helps you drop pounds fast by combining a low calorie diet with a special hormone supplement that reduces your appetite and burns fat quickly by using up your abnormal fat reserves. If you have been trying to lose weight for a while but don't seem to have found the right diet or exercise program, **come to TWAAMC and let us tell you the many benefits of the hCG program**, and what makes it different from all those fad diets you've tried in the past! We are confident you will be amazed by the results-in fact, we'll bet that if you follow the program closely, **you will be fit and swimsuit-ready by summer!**

If looking younger is your **New Year Resolution**, we can help with that too! Just ask us about **Botox** or our other **wrinkle reduction** and **anti-aging treatments** that have **helped men and women across San Antonio look and feel younger**, fresher and healthier in minutes flat! We also offer a number of other **skincare treatments** including **microdermabrasion**, **chemical peels** and **unique acne fighting solutions** for that dry and uncooperative winter skin. Just stop by or give us a call and schedule an appointment! We look forward to helping you meet all of your aesthetic goals in 2012 so you can focus on other things like that new job, a growing family, or those home renovations you've been talking about!

Perfect Health Today Radio Show

We are excited to inform everyone that Dr. Williams is now the co-host of a popular radio program called PERFECT HEALTH TODAY (PHT-Radio), on AM station KLUP, here in San Antonio.

Dr. Williams' revolutionary take on wellness is a modern Medical and Natural medicinal approach, which enriches the discussion and complements very well the on-going educational program of PHT Radio. During the show, Dr. Hopkins and

Dr. Williams share their combined knowledge, experiences, opinions, and heartfelt desires to improve your life and health.

Please join Drs. Williams and Hopkins on Saturday evenings from 6 to 8 p.m., on 930-AM, KLUP TALK RADIO. Or hear them live, online! Just click "Listen Live" on the station web site, www.klup.com. Tune in and tell them what you think! Your on-air questions and comments are always welcomed.

Stay warm this month and cheers to a happy, healthy, and YOUNGER-LOOKING YOU in 2012!

Til then,
Dr. Vernon F. Williams M.D.

Join our 5-step wellness & preventative program

After years of research and training, Dr. Vernon Williams has designed a comprehensive prevention & wellness program. Our objective is to help individuals achieve optimum quality of health and longevity of life by optimizing hormones and nutrition.

Sign Up Today

The Wellness & Aesthetics Medical Center
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