



Winter



WELLNESS PROGRAM

AFC URGENT CARE + ALLOY FITNESS





Wellness Journey

Phase

01

Initial Health Consultation

A weight consultation assesses BMI, risk factors, lifestyle, comorbidities, and labs, setting goals for > 5% weight loss.

Phase

02

Body Composition Analysis

BMI classification and risk evaluation based on comorbidities and waist circumference, offering personalized guidance on lifestyle and medical interventions tailored to each risk category.

Phase

03

Incorporating Specialists

Review the program and consider referrals to a nutritionist, behavioral specialist, and exercise program.

Phase

04

Monitoring Progress

Discuss with the patient whether to continue this plan for another two weeks or explore alternative options.





WEIGHT & LIFESTYLE MANAGEMENT

We provide a holistic approach to health management, focusing on sustainable weight loss and overall wellbeing. By partnering with you every step of the way, we ensure you stay on track to reach your personalized goals.

"Your Journey to Better Health Starts Here."



AFFORDABLE AND INCLUSIVE CARE



- \$300 for two visits and all-inclusive blood work, discounted from \$400. Costs may qualify for
- Health Savings Account (HSA) coverage.

COMPREHENSIVE HEALTH ASSESSMENT



Detailed evaluation of weight history, BMI, waist circumference, and risk factors. Includes HbA1C, TSH w/FT4, CMP, lipids, amylase, lipase, glucose, and urine HCG.

HOLISTIC LIFESTYLE EVALUATION



The program includes a lifestyle assessment, reviewing habits like diet and exercise, with referrals to specialists and personalized weight loss goals of over 5%.

TAILORED TREATMENT OPTIONS



Customized interventions based on BMI and risk, with medication options like tirzepatide and semaglutide. Patients can self-administer injections or receive assistance for \$30 per visit, with full monitoring.

ONGOING SUPPORT AND MONITORING



Monthly follow-ups for ongoing guidance and monitoring, with routine tracking of weight, vitals, blood glucose, and side effects. Patients are provided with tools like diaries to track progress and address any barriers to adherence.

EVIDENCE-BASED AND SAFE PRACTICES



The program avoids unproven treatments like HCG and risky supplements, offering B-12 shots and considering bariatric surgery for eligible patients when other treatments fail.



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afcurgentcare.com/rockville
NO APPOINTMENT NEEDED
Open 7 days a week daily 8am - 8pm



Meet our Doctors!

At AFC, we help your family live life uninterrupted. For non-life-threatening illnesses or injuries, our Rockville urgent care is here for patients of all ages, with a dedicated team focused on your health and well-being.



Walk-in
Open Daily



Online
Reservations



Urgent & Primary
Medical Care

Why Choose Us

Our team is led by Dr. Akindele, a board-certified Family Medicine physician with expertise in adult medicine and chronic condition management, and Dr. Peart, a double board-certified Pediatrician and Pediatric Infectious Disease expert. With years of experience in their fields, they are dedicated to providing exceptional care for patients of all ages.



**DR. AKINDELE
& DR. PEART**

**THE RIGHT CARE,
RIGHT NOW.**



Contact Us
240-771-0801



Visit Our Website
afcurgentcare.com/rockville



Our Location
802 Pleasant Drive Rockville, MD 20850



LIMITED SPOTS AVAILABLE

PROVEN RESULTS

✓ TIME-TESTED PERSONAL TRAINING SYSTEM THAT WORKS.

ALL FITNESS LEVELS WELCOME

✓ TAILORED PROGRAMS FOR BEGINNERS TO ADVANCED FITNESS LEVELS.

PERSONALIZED SUPPORT

✓ ONE-ON-ONE COACHING TO HELP YOU ACHIEVE YOUR HEALTH AND FITNESS GOALS.

ACCOUNTABILITY & ENCOURAGEMENT

✓ ONGOING SUPPORT TO KEEP YOU MOTIVATED AND ON TRACK.

LONG-TERM SUCCESS

✓ FOCUSED ON SUSTAINABLE, HEALTHY LIFESTYLES – NOT FLEETING FITNESS TRENDS.

ABOUT ALLOY



20% OFF LIFETIME MEMBERSHIP & ADDITIONAL DISCOUNT FOR HOUSEHOLD 5%



Dr. Andy Watkins

Nutritional Psychiatrist

Gut Brain Health Expert



About Dr. Watkins

Dr. Andy, known as a "Culinary Psychiatrist," is the CEO of FreedomMind Wellcare and Consulting. Recognized as a "Leading Physician in the World" and a two-time Top Doc Award recipient, she has over a decade of experience in psychiatry, focusing on patient care, research, education, and leadership. Combining her passion for culinary science and psychiatry, Dr. Andy specializes in holistic healing through the Gut-Brain-Microbiota system. Her approach integrates nutritional therapy, psychotherapy, and behavioral modification to promote wellness and healing.

FREEDOMMIND WELLCARE & CONSULTING

An Innovative Approach to the the Treatment of Psychiatric Disorders. Healing from Within for Anxiety, Depression and Mood Disorder. Whole Healing for Your Body and Mind.

Specialties

- Comprehensive Diagnostic Evaluations
- Medication Management
- Nutritional Guidance
- Tailored Recipes
- Psychotherapy

Contact

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