Transcript of Free “8 Fundamentals Video” with Sonia McIndoe, New Zealand Bariatric Coach  
  
Hi, I'm Sonia McIndoe. I'm here to invite you to join me for a free webinar. I'm so passionate about people getting the basics for their bariatric or medicated weight loss journey that I actually do this totally for free.

I'm nine years post-op and I credit weight loss surgery with my weight loss, but I credit doing the mind work for my maintenance. I've got so many hints and tips I'd love to teach you, but I will cover the eight fundamentals in a free webinar coming up soon. So, jump on board.

I look forward to meeting you and tuning the next part of your weight loss journey with you.   
  
Bye for now.