

# Lose Weight Now

Lose what took years to gain—in weeks...



## James R. Kopp, MD, MBA Weight Loss Physician

Board Certified Orthopedic Surgeon  
Medical Doctor, Oregon Health and Science University  
Residency, Naval Regional Medical Center, San Diego  
Member, American Academy of Orthopedic Surgeons  
Member, Obesity Medical Association  
Member, Society of Military Orthopedic

“If you’re looking to **lose weight**, to **stop gaining weight** at this time, or to **stop stress eating**—take advantage of our **COVID-19 scheduling options** and book the **next available** Free No-obligation In-office or Telemedicine Consultation.”

—Dr. Kopp

“With the right medical supervision you can lose weight in weeks safely and healthfully.”

—Dr. Kopp

**Matt S, Yelp Review:** “I lost 50 pounds, in 12 weeks.”\*

**Rachel R, Facebook Review:** “I lost 30 pounds, in 9 weeks.”\*

**Heather D, Facebook Review:** “I lost 25 pounds, in 7 weeks.”\*

**Jacki L, Google Review:** “I lost 16.6 pounds, in 4 weeks.”\*

**Lisa B, Facebook Review:** “I lost 48 pounds, in 8 weeks.”\*

### COVID-19 Scheduling Options

#### In-office Visits

For the safety of everyone we will schedule a limited number of In-office Visits.

#### Telemedicine Visits

To meet unexpected high demand, we will schedule Telemedicine Visits, on a first-come, first-served basis.



Schedule the *next available*  
**Free No-obligation In-office or Telemedicine Consultation**  
to get started or to learn more.

**MetTrimMD La Grande**  
907 Washington Avenue  
La Grande, OR 97824  
MetTrimMD.com/LaGrandeOR  
**Tel: 541-663-4514**