

LOSE IT & LOVE IT

At Marquette General Weight Management, we understand the stress that can result from trying unsuccessfully to lose unwanted weight and to maintain a desired weight. In addition to a lack of energy, being overweight is also associated with diabetes, heart disease and joint problems.

Ease the frustration through **Marquette General's Healthy Weight class**. Anyone who is overweight and interested in improving their well-being is welcome. The course provides participants with the tools and support necessary to tackle tough weight management issues. **Cost is \$180**

Components include:

2 appointments with Registered Dietitian

- Individual appointments
- Personal eating plan
- Exercise recommendations to achieve weight loss

3 group sessions

- Recipe development/cooking tips
- Beating psychological roadblocks
- Boosting metabolism

Metabolic rate measurement*

- On-line monitoring for 6 weeks
- *optional - additional cost

ENROLLMENT NOW OPEN

Classes held Thursdays 4:30-5:30pm

May 29, June 12, June 26