

# The Healthy Weigh



A MULTI-DISCIPLINARY  
WEIGHT  
MANAGEMENT  
PROGRAM

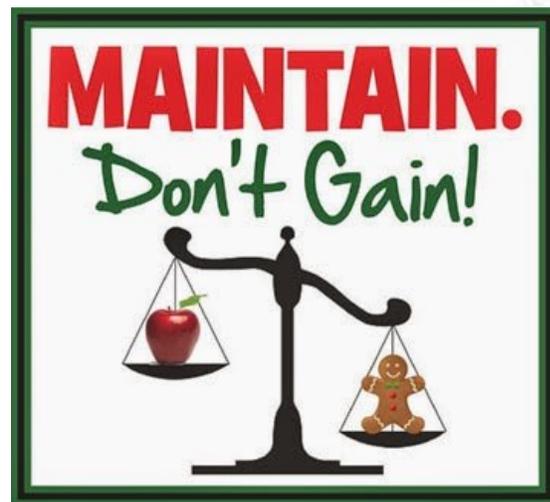
**Two days of orientation and education.**

**Weekly follow-up and accountability for 12 weeks.**

**A Customized Weight Loss Plan developed with you by  
Health Care**

**Professionals to include:**

- **Medical Doctor**
- **Registered Dietitian**
- **Wellness Coach**
- **Personal Trainer**
- **Internal Behavioral Health Consultant**



**For more info or to sign up call Health Promotion at  
624-4710 or email:**

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