



Weight Loss Journey

7 - WEEK WEIGHT LOSS PROGRAM

Join us for a weight loss program that is led by medical professionals including a registered dietitian, exercise physiologist, behavioral therapist and nurse practitioner. Each medical professional will lead one meeting in their field of expertise.

Weight Loss Journey is offered three times in 2019. Available sessions and meeting times are:

1. Every Tuesday from noon to 1 p.m., (weigh in at 11:45 a.m.) Jan. 15 to Feb. 26, 2019
2. Every Tuesday from 4 to 5 p.m., (weigh in at 3:45 p.m.) April 9 to May 21, 2019
3. Every Tuesday from 4:30 to 5:30 p.m., (weigh in at 4:15 p.m.) Sept. 10 to Oct. 22, 2019

Meeting Topics:

Nutrition Information • Emotions and Eating • Exercise Tips • Obesity Risks

Franciscan Healthy Living Center

1116 North 16th Street • Lower Level, Lafayette Heart Institute Building
Lafayette, IN 47904

REGISTRATION REQUIRED • LIMITED SEATS

For more information, please call (765) 428-5850.

\$75 PER PERSON



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HEALTHY LIVING CENTER

FranciscanHealth.org