



Lake Health
Wellness Institute

Weight 4 Life PROGRAM



**Space
is Limited
Register
Early!**

- ☐ **ARE YOU OVERWEIGHT?**
- ☐ **IS YOUR BLOOD PRESSURE HIGH?**
- ☐ **IS YOUR CHOLESTEROL HIGH?** ☐ **ARE YOU TIRED?**
- ☐ **HAVE YOU TRIED LOTS OF DIETS WITH NO SUCCESS?**

If you answered yes to one or more of these questions, then the Weight 4 Life Program at Lake Health has the help you need...

Join us for a FREE introductory session of the Weight 4 Life program!

TUESDAY, JANUARY 10th, 6:30 - 8:30 PM
TriPoint Medical Center Physician Pavilion
Lubrizol Conference Center, Room 2

THURSDAY, JANUARY 12th, 6:30 - 8:30 PM
West Medical Center
Main Conference Room

visit lakehealth.org



OUR OBJECTIVE:

To help adults lose weight safely through a 10-week structured program focusing on physical activity, proper nutrition, and behavior modification. Classes are taught by a registered dietitian and an exercise physiologist. Classes meet for one hour two times a week for exercise and one hour a week for nutrition education. Nutrition only and exercise only options are also available

To Register, Call the Best of Health Line at 440-953-6000.