



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!

MONDAY, JANUARY 10th, 6-8 PM
TriPoint Medical Center Physician Pavilion
Lubrizol Conference Center, Room 3

TUESDAY, JANUARY 11th, 6-8 PM
West Medical Center
Lake Emergency & Conference Room B

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.