

# Weigh-to-Go!

6-week integrated weight loss program

Thursday Evenings January 21 - February 25, 6:30-7:30pm



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## What it is:

Weigh-to-Go! is a 6-week group weight loss program incorporating nutrition education, behavior modification, exercise education, and mind-body techniques to help you lose weight and keep it off.

## Why it works:

Weight gain occurs as a result of biological, social, and environmental factors. Successful, long-term "losers" use professional and peer support to address these issues and reach the root cause of the problem.

Weigh-to-Go! provides you with information about:

- Foods that leaves you satisfied and full of energy
- Exercise programs to help you break through plateaus and lose body fat
- Mind-body techniques to combat stress
- Acupuncture therapies to manage anxiety and food addiction
- Naturopathic remedies to treat conditions that impede weight loss
- Peer and professional support to keep you on track
- Proven technologies to determine your metabolic rate, muscle mass, and calorie needs

\$120 for 6-weeks

Space is limited to 20 people.



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