

Comprehensive Weight Management

A mind body approach to weight management

 *Elliot Center for Advanced Nutrition Therapy*

**Focus on health and body composition...
Not just the pounds on the scale!**

Tuesdays: 5:30 to 7:30 p.m.

*Free Intro Class available before
you decide to sign-up, please call
for dates*

Cost: \$175



This 10-week class will:



Provide you with body composition testing and two private meetings with a dietitian.



Teach you ways to modify the Mediterranean diet to meet your needs



Provide you with support for emotional eating, stress management, the basics of healthy exercise and strength training

(Optional, high-quality medical foods and supplements available)

For more information or to register, call 663-4524.