

## WEIGHT MANAGEMENT for I iform

## for Life<sup>TM</sup>

## In 10 weekly sessions learn about:

- Your Healthy Weight
- Developing a Physically Active Lifestyle
- Your Nutrition in Detail
- Eating for Good Health
- Daily Living Choices
- Managing Stress
- Staying Motivated
- Weight-Loss Medications & Surgeries
- Children & Obesity
- Focusing on Your Future

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