

Shed those extra pounds the . . .

# HEALTHY WEIGH

Memorial's comprehensive eight-week weight loss program - **Healthy Weigh** - includes diet counseling, weekly weigh-ins, and behavior modification along with practical shopping/cooking tips and much more to help you shed extra pounds the *Healthy Weigh!* The class, taught by Registered Dietitians from Memorial, helps participants design a weight loss plan they can live and lose with. An optional exercise program also is available.



*Dedication. Compassion. Innovation.*

## **Date, Time and Place**

Class begins Thursday, March 11, 2010

6:30 to 8 p.m.

Memorial Health Education Center

706 East Highway 50, O'Fallon

## **Fees**

\$50.00 class only; \$90.00 with exercise component\*

\* Includes a TWO-MONTH MEMBERSHIP to YMCA or Belleville Health and Sports Center.

## **Information**

Class size is limited. To register, call Memorial's Community Relations Department at 257-5649.