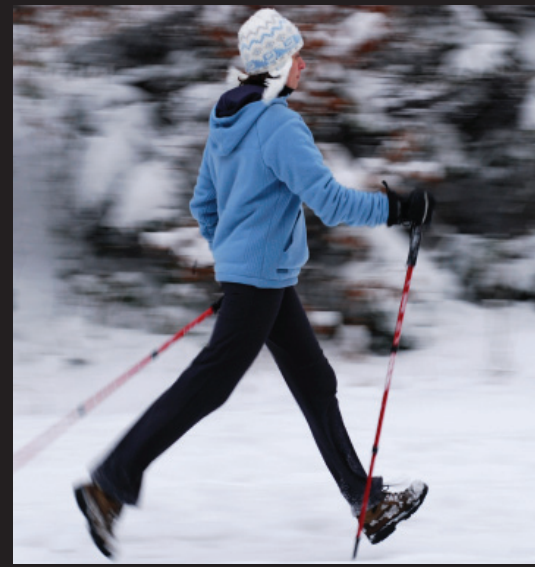


Healthy Weighs to Live



A
comprehensive
weight
management
program



Get the tools you need to lead a healthy lifestyle, shed those extra pounds and get more active. This 13-week weight management program consists of weekly nutrition and physical activity classes.

Participants will:

- set personal goals
- focus on effective weight loss strategies
- customize weight management strategies meet their individual needs

The program also includes individual physical assessments, including weight and body composition analysis. Unlike other weight management programs, Healthy Weighs to Live is taught by a registered dietitian and certified fitness specialist. Space is limited - sign up today!

Mondays, January 11 - April 5

5:30 - 8 pm

\$240

**To find out if this program is right for you, please call
ZCH's Community Education Coordinator at 616.748.3651.
Interested participants will be screened for eligibility.**

Classes take place in the DeWitt Building on the campus of Zeeland Community Hospital.

