

HEALTHY WEIGHT PROGRAM

If you are interested in learning more about lifestyle changes to achieve and maintain a healthy weight, the Healthy Weight Program may be right for you:

Maintaining a healthy weight means making small changes that add up to big success. No matter what your goal is—boost your confidence, fit into your favorite jeans, get your family's weight on track, reduce or prevent health problems — we've got the information and tools to help you succeed.

In this 7-week program, a health coach will help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off.

During this program, you'll learn to adopt healthier behaviors and attitudes for long-term weight loss, while also connecting and learning from others in the group. Take a first step toward your healthy weight goals.

[Register today!](#)