

SHED THE POUNDS SHED THE RISK



Hamilton
Weight Management

hamiltonhealth.com/shed



WEIGHT MANAGEMENT TO REDUCE CHRONIC DISEASE

Sessions are held once a week for eight weeks at various times. Evening options are available. Due to a rolling schedule, participants can start at any time in the program. The program cost is \$80 and is Flexible Spending Account (FSA) or Healthcare Savings Account (HSA) eligible.

Program includes:

- Food and caloric measurement
- Meal planning
- Creative ways to exercise at home
- Mindful eating
- Eating out
- Navigating the grocery store
- More!

706.272.6079 • 1109 Burleyson Road, Suite 103, Dalton