

Healthy Choices Healthy Weight Healthy You

An 8 Week Weight Loss Program

includes ½ one half hour individual consult

Developed by *Barbara Casaceli RD, LDN*

Certified in Adult Weight Management

Topics to Include:

Diets and why they don't work

Health Issues Associated with Increased Weight

Exercise

Grocery Shopping

Eating Out/Holidays/Barbecues

Stress Management

Plateaus, What to do

Sabotage, Sticking with the Plan

Cooking for the family

Sign Up at the Front Desk or by calling 508-366-1222

Where: The Westboro Tennis and Swim Club
35 Chauncy St., Westboro (upper level Fitness Center)

Time: Tues 7 – 8pm or Thurs 10 – 11 am

Beginning Week of: March 11 - May 1 Session 1

May 6 - June 26 Session 2

Cost: Members \$96 Non-Members \$112

Cost for Family of 2: \$144 \$168

