

LIMITED TIME ONLY!
Next Program Starts 7/8/09

MUSC Weight Management Center

presents

Lunchtime Losers

- Lunchtime Losers is a **10-wk lifestyle change weight loss program**
- Lunchtime Losers is designed to take place over **lunchtime (12:00-1:00pm)**, so that you're able to fit it into your busy schedule
- Lunchtime Losers is an **interactive group-based program** intended to teach healthy behavior changes that will promote healthy eating, healthy exercise, and weight loss... and ultimately, improved health
- Classes led by weight management professionals: **registered dietitian, psychologist, and exercise physiologists**
- Participant will receive **tailored dietary** guidance/instruction, help in developing appropriate **exercise** goals, and **behavioral** information on how to facilitate long-term healthy behavior change

COST: \$98 (includes: 10 group sessions, weekly food diaries, program manual)

TIME: Classes meet weekly on **Wednesdays from 12:00-1:00pm**; next class **starts 7/8/09**

LOCATION: Suite 410 South, 67 President Street, Charleston, SC. This is on the MUSC Campus at the corner of President and Doughty streets

OPTIONAL FEATURES:

- Meal replacement supplements can be a valuable tool in assisting your weight loss efforts. We have excellent balanced nutrition supplement shakes and nutrition bars available. We encourage you to consider this option, which you can discuss with the group leader and with the dietitian. If a decision is made to add meal supplements to your plan, the cost of the supplement will be in addition to the basic program fee.

STARTS 7/8/09... ENROLL TODAY!!

To Enroll: 792-2273 or WMC@muscd.edu