

FREE monthly information session

How to find *your* way to successful weight loss.

Choose the approach that's best for you.

The Christiana Care Weight Management Center hosts a free monthly weight loss seminar, providing information about obesity and treatment options that best fit your own personal needs.

- We offer a variety of weight management programs that include nutrition education and counseling, psychological aspects of behavior change and exercise.
- Choose the strategies that will work best for you: lifestyle change, integrated approach, nutrition counseling, medication, meal replacement, or weight loss surgery.
- Keep the weight off with our ongoing long-term nutrition follow-up care and group meetings.

Program staff at this information session will answer your questions and provide details about participating in our programs.

A Free BMI/Body Fat Analysis is offered from 6 – 6:30 p.m.

Included with our programs is the "Exercises for Life" DVD, with three easy-to-follow routines that can help you incorporate safe, effective exercises into your daily life.

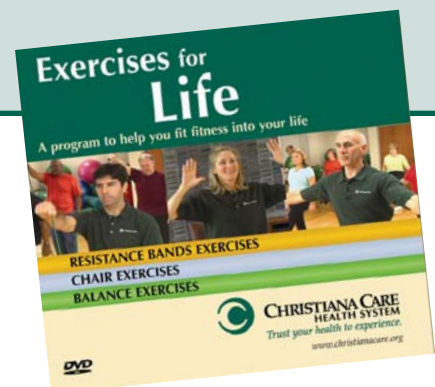
For more information or to register, call 302-661-3475 or 800-693-CARE (2273).

Register for one of our upcoming programs.

Time: Third Monday of the month at 6:30 p.m. - 8 p.m.

**Place: Eugene du Pont Preventive Medicine & Rehabilitation Institute
Room 100, 3506 Kennett Pike,
Wilmington, DE 19807**

May 18	September 21
June 15	October 19
July 20	November 16
August 17	December 21



**CHRISTIANA CARE
HEALTH SYSTEM**