WEIGHT LOSS PROGRAM

JOIN US FOR THE FIRST SESSION ON 9/27/17 at 5:30PM

NO CHARGE FOR THE FIRST VISIT!!!

NO OBLIGATION TO JOIN THE PROGRAM!!!

The Center for Community Health team is here to help you create a personalized weight loss plan to support your fertility goals.
Covering a variety of nutrition, physical activity, and behavior topics, this program will provide you with the tools, support, and encouragement necessary to make and maintain important lifestyle changes. You'll meet weekly with a clinician in a small group setting and receive:

- Proven strategies to help you meet your weight loss goals
- Suggestions for what and how to eat for improved health
- Workout ideas to fit your preferences and lifestyle
- Expert guidance and individual support

Program cost: $300* PAY AFTER YOU ATTEND THE FIRST SESSION IF YOU ARE INTERESTED IN JOINING THE PROGRAM
*Note: cost is the same for individuals or couples.
Enroll today!
Call (585) 487-3378 to learn more about the program or to schedule your initial consultation appointment. Limited space available.
Strong Fertility Center is partnering with the Center for Community Health to offer its Weight Loss program for individuals and couples. The program includes:

- **Initial consultation** – individual, one-hour session with our weight loss specialist before the program begins. Daytime and evening appointments available on September 13 and 20.
- **16-week, group program** – one-hour, group sessions on Wednesdays at 5:30 to 6:30 p.m. from September 27 to January 10.
- **Additional one-on-one sessions** – two individual, 30 minute sessions at 6 and 12 weeks.
- **Q&A by phone and email** – consult with our weight loss specialist between sessions as needed.

All individual appointments and group sessions held at Strong Fertility Center, 500 Red Creek Drive.

Healthy weight. Healthy lifestyle.