



Look Ahead Program

Healthy lifestyle. Healthy weight.

Strong Fertility Center is partnering with the Center for Community Health & Prevention to offer its healthy lifestyle program for individuals and couples. The program includes:

- **Initial consultation** – individual, one-hour session with our weight loss specialist
- **Group program** – one-hour, group sessions on Wednesdays from 5:30 to 6:30 p.m., (no session on July 4)
- **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.

The Center for Community Health & Prevention team is here to help you create a healthy lifestyle plan.

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

This program is provided by the Strong Fertility Center.

Enroll today! Talk with your provider, or call (585) 530-2050 to learn more about the program or to schedule your initial consultation. Limited space available.