



POUNDS OFF PROGRAM

Weight Control Program for All

**Learn direct and sensible lifestyle techniques
to help create permanent adjustments to body weight.**

Class will meet once per week for 8 weeks

- Stanford Health and Lifestyle Assessment
- Goal setting and motivational counseling
- One scheduled personalized nutrition visit (\$60.00 value)
- Diabetic diet counseling available
- One scheduled fitness assessment with personal trainer (\$40.00 value)
- Nutrition class instruction by a Registered Dietitian
- Exercise for all – personal training guidance
- Stress management techniques
- Journaling
- Yoga practices for personal discipline

Registration Begins June 16th

8 Week Session: July 6th through August 24th, 2010

Tuesdays 6 to 7 p.m. at Greenknoll Branch

Register: (203)775-4444 (Class size is limited to 16)

OR

Thursdays 6:00 to 7:00 p.m. at Boughton Street Branch

Register: (203)744-1000

(Class limited to 8)

\$175.00 for full members only

Payment plan available



Call Maureen at (203) 775-4444 ext. 136 for more information