

Real-life Weight Management Programs...



Two healthy options:

'Why Weight?'

One-on-One Personal Coaching Option

- 12-week program
- Individual meetings with a Registered Dietitian
- Individual weekly meetings with a Personal Fitness Coach
- Includes Gym Membership
- Cost: \$399.00

'Don't Weight to be Healthy'

Group Class and Group Support Option

- 10-week program
- Group classes facilitated by a Registered Dietitian and Fitness Instructor
- Includes Gym Membership
- Meets Thursday evenings from 6:00pm - 7:30pm and starts JANUARY 14, 2010
- Cost: \$199.00

**Call 207-351-3700 or
stop in for more
information!**



HEART HEALTH INSTITUTE
A DIVISION OF YORK HOSPITAL
127 LONG SANDS RD, YORK, ME 03909
PH: 207-351-3700, FAX 207-363-9864
www.YorkHospitalHHI.com
hhi@yorkhospital.com