



“Weight” No Longer

A weight loss and health improvement program for adults

Wednesdays, 6 - 7 p.m.

Wooster Family Health Center
1740 Cleveland Road | Wooster, OH 44691

18-week program begins April 6, 2016.

Open to those 18 years of age and older

Program Cost: \$200

- personal dietary analysis and dietary recommendations
- personal consultation with wellness specialist
- weekly support group meetings
- exercise prescription
- body composition testing

Weekly Education Class Topics

- “Mindful Eating”
- Basic nutrition
- Portion size
- Exercise prescription
- Dining out
- Low-fat cooking
- Nutrition label
- Stress and weight gain
- Stress management
- How much should I weigh?
- Healthy living in an unhealthy world
- Exercise, diet, and longevity: Is there a link?

Call **330.287.4583** or go to **clevelandclinic.org/Wooster** for more information or to register.