

WEIGHT LOSS COACHING

# TAKE CHARGE FOR LIFE

AT THE LIFESTYLE CENTER

Get a greater understanding of weight loss skills learned through coaching for long term success, not dieting. Take Charge for Life will coach you through steady, rapid weight loss to promote a better quality of life, improved health (Diabetes, Heart Health, etc.) and pre-surgery weight loss. Discover your ability to take charge of your weight, FOR LIFE!

## 5 Month Program Includes:

4 Health / Progress Screenings

(Weight, Body Fat %, Lean Mass, Waist Circumference, Blood Pressure, Glucose, Cholesterol)

20 Weekly Group Coaching Classes

(Wednesdays 6:30 pm - 8:00 pm at The Lifestyle Center)

20 Weekly Individual Coaching Sessions

Membership and Personal Training Discounts

Ongoing maintenance program offered for continued success.

## \$500 for 5 month program.

*Meal Replacements sold separately per individual need.*

Interested in learning more about our Take Charge For Life Program?  
Join us for our info. session:

**Wednesday**  
**June 27, 2018**

(6:30 pm - 7:30 pm)  
TLC Conference Rooms

THE *Lifestyle* Center  
A Division of Kaweah Delta Health Care District  
[www.thelifestylecenter.org](http://www.thelifestylecenter.org)

## Program starts Wednesday July 11, 2018

*TLC Membership is not required to participate.*

Space is limited! For more information or to reserve your spot, contact Alana Unger, RD  
@ (559) 624-3448 or [aunger@kdhcd.org](mailto:aunger@kdhcd.org)