

# LEARN<sup>®</sup> PROGRAM FOR WEIGHT MANAGEMENT

## What is "LEARN"?

"The LEARN Program for Weight Management", by Kelly D. Brownell, Ph.D., continues to be the most scientifically tested and widely used weight loss manual available today. This program is not a typical "diet" approach to weight loss. The five key elements of the LEARN program are: Lifestyle, Exercise, Attitudes, Relationships, and Nutrition. As a participant in the LEARN program, you will become a student of your own unique behaviors and master new lifestyle skills that will result in permanent lifestyle change.

## About the Program

- 13-week program
- Weekly group meetings
- Led by a registered dietitian, exercise specialist, and experts in stress and behavioral counseling
- Weigh-ins and accountability
- Pre- and post- assessments



## New 13-week Series Begins on

Wednesday, September 21, 2011

5:00 - 6:00 pm

RiverPlex Recreation & Wellness Center

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The group will meet every Wednesday at 5:00 pm for 13 weeks.

Join us at the first session to learn more and officially enroll.

Space is limited. To reserve your seat, please call 309-282-1612.

Want an on-site lunch time meeting at OSF? If at least 15 people ask for an on-site meeting, we will open a new series. Be sure to mention this when you call!

*Discounts available for OSF employees and RiverPlex members.*