

OSF Saint Francis Weight Loss Center



2009 Summer Informational Sessions

LEARN Program for Weight Management

Sign up for a free informational session for the LEARN program. You will learn the meaning of making a lifestyle change, and how the LEARN program can support you through your transformation. You will have the opportunity to enroll in the program at the end of the session. Call **282-1612** to sign up.

- Tuesday, August 25, 5:00 p.m.
- Wednesday, September 2, 5:00 p.m.

HMR Program for Weight Management

Sign up for a free informational session for the HMR program. You will discuss program options, taste samples of HMR foods, and find out if this program is right for you. Call **282-1648** to sign up. Free informational sessions are offered on:

- Thursday, July 16, 5:15-6:15 p.m.
- Thursday, August 20, 5:15-6:15 p.m.
- Thursday, September 17, 5:15-6:15 p.m.

OSF Surgical Weight Loss Center of Excellence

If you are considering weight loss surgery, sign up for a free informational session to find out if surgery is right for you. Registration is required. Call **1-888-627-5673** to sign up.

- Monday, July 6, 5:30-7:30 p.m.
- Monday, July 20, 5:30-7:30 p.m.
- Monday, August 3, 5:30-7:30 p.m.
- Monday, August 17, 5:30-7:30 p.m.
- Monday, September 7, 5:30-7:30 p.m.
- Monday, September 21, 5:30-7:30 p.m.

Results!

You will work individually with an exercise specialist and registered dietitian to learn exercises and a sensible nutrition plan that is right for you. You'll benefit from weekly motivation and accountability from our counselors. You have the option of adding a 3-month RiverPlex membership, or your counselor can set up a program to do at home. Just choose your program length (four-, eight-, or twelve-weeks) and call us to set up your first appointment.

Please
note

**All sessions are held at the RiverPlex Recreation
& Wellness Center, 600 NE Water Street.**