

# HEALTHY WEIGHT PROGRAM

February–May 2017



Register by February 17. Program starts Thursday, February 23.

## Your weight is more than a number on a scale -

it's how you feel every day, inside and out. Maintaining a healthy weight means making small changes that add up to big success. No matter what your goal is —boost your confidence, fit into your favorite jeans, get your family's weight on track, reduce or prevent health problems — we've got the information and tools to help you succeed.

## It's easier together:

In this three-month program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off. During this program, you'll learn to adopt healthier behaviors and attitudes for long term weight loss, while also connecting and learning from others in the group.

*Take a first step toward your healthy weight goals!*

## Program details:

1. **Register** by contacting [wellness@sfgov.org](mailto:wellness@sfgov.org) no later than 2/17.
2. **Orientation:** Thursday, 2/23 Come for an orientation from 12:10pm–12:55pm.
3. **6 Weeks of Classes:** Thursdays, 3/2–4/6 12:10–12:55pm. Bring your lunch! Topics include: weight, nutrition, exercise, stress, and staying motivated
4. **Coaching:** Thursdays, 4/13–5/18. Work one-on-one with a coach or in small groups to put all your learnings into action.
5. **Celebration:** 5/25

## Location:

HSS Wellness Center  
1145 Market Street, 1st Floor  
San Francisco, Ca 94103  
(415) 554-0643