

# HEALTHY WEIGHT PROGRAM



## LOCATIONS:

### **100 Larkin Street**

Fridays 12-1pm

Beginning April 27

<https://libhealthyweightapril2018.eventbrite.com>

### **1 South Van Ness**

Thursdays 12-1pm

Beginning May 10

<https://1svnhealthyweightmay2018.eventbrite.com>

### **1145 Market**

Thursdays 12-1pm

Beginning June 7

<https://hss1145markethealthyweight.eventbrite.com>

## **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, we've got the information and tools to help you succeed.

In this 12-week program, we'll help you tackle day-to-day issues that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. You'll learn to adopt healthier behaviors and attitudes for long term weight loss. You'll also be able to connect with others in this group setting who are also working to lose weight. Before and after weight screening is optional.