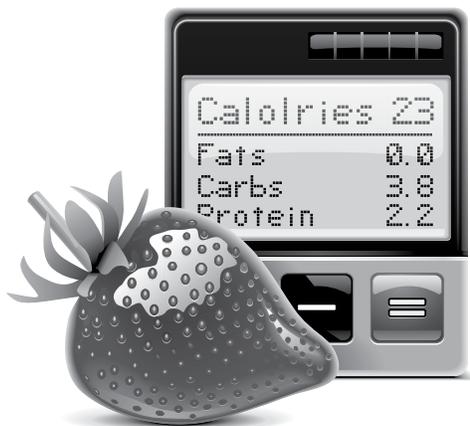


# Lose It for the Last Time

This intensive structured 12 week **Weight Management Program** includes sessions on lifestyle, exercise, attitudes, relationships and nutrition. The program is open to eligible employees.

## Participant requirements –

- Be at least 20 lbs overweight.
- Be able to attend the 12 weekly lunch time sessions.
- Be prepared for the time commitment required.
- Purchase the LEARN manual.
- Complete and submit weekly food logs including calorie counts.
- Complete and submit a weekly exercise log.
- Be physically able to safely participate in activity sufficient for weight loss.
- During the 12 weeks of the program participants are not permitted to use other weight loss aids or diets.



## Mandatory Information Session

February 5, 2013

noon-1:00 pm

Building 490

Large Conference Room

First session will be March 5, 2013

Please register if you plan to attend.  
contact Michael Thorn, Ext. 8612

All applicants will need to complete questionnaires and a food log that is provided at the information session.