

4th annual



STEVENS COMMUNITY
MEDICAL CENTER

Renew

Weight Management Program

Tuesday Evenings Feb. 6 – April 17
5:30-6:45 pm at SCMC or Regional Fitness Center

Cost \$120

\$80 Nutrition Component Only

Join an interactive 3-month program led by SCMC Registered Dietitian Alyssa Thooft.

Renew Weight Management Program is a successful approach to reaching health and wellness goals. The 12-week program combines both nutrition and physical activity.

What's Included?

- Food plan to meet your individual needs
- Food & Activity Journal
- Technology tips for weight management
- Healthy recipes
- Meal planning resources
- Fitness instruction from Shadow Rohloff, personal trainer/fitness instructor at RFC

New for 2018!

A guest culinary expert will demonstrate healthy cooking techniques!

Open House

Tuesday, January 30 · 5:00-6:30pm
at SCMC MPR Room in Lower Level

Come to this *free class* to learn more about the program and meet the instructors.

Renew Your Health and Reach Your Goals!

Questions Call Alyssa at 320-589-7623