

# CREATE YOUR WEIGHT PROGRAM

**ARE YOU  
READY  
TO SHED  
THOSE  
EXTRA  
POUNDS?**



*Create Your Weight* at St. Elizabeth's Hospital is a nutrition program specialized for you. Outpatient Nutrition Counseling Services at St. Elizabeth's Hospital presents this exciting program for anyone interested in learning about healthy eating habits, nutrition, exercise options and more

**Classes will be held on Mondays  
from 6-7pm starting**

**MONDAY,  
SEPTEMBER 13**

**IN CYPRESS ROOM AT ST. ELIZABETH'S HOSPITAL**

This 10-week, specialized nutrition and weight loss program is taught by a registered dietitian.

The fee for the program is \$120, which includes books. Registration is required.



**Call 641-5498 to  
register or learn more.**  
Class size is limited.



**OUTPATIENT NUTRITION COUNSELING  
at St. Elizabeth's Hospital**