



**Are you ready to lose weight- permanently?**

**Join Target Fitness!**

***A professional nutrition therapy program!***

This 10-week\* nutrition education, wellness and lifestyle program is led by Registered Dietitians who will help you reach your target weight!

**Program starts Thursday, September 21<sup>st</sup> from 12:30 p.m. – 1:30 p.m.**

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Our team of **nutrition experts** provide you with:

- A sustainable, customized nutrition program you can follow for life
- A body composition analysis (measure of body fat and muscle)
- *Intensive* education on research-based strategies for permanent weight loss
- Personalized short and long-term weight goals
- An introduction to stress reduction, mindful eating and behavioral change techniques
- Training on innovative tools that will change your relationship with food
- Guidelines on reading food labels and a supermarket tour!

**Get off the weight loss roller coaster!**

**Join Target Fitness Today**

Enroll today by calling HealthConnect at 631-444-4000

\*\$190 per person for the 10-week program

***Please bring cash or check at the first session***