



# WellPath's Healthy Weight Management

Healthy Weight Management is an 11-week session where participants create an individualized plan to maintain a healthy weight. This course will allow you to learn, explore and develop an individualized lifestyle which will be most effective for you.

Tuesday's @ 11:00AM-12:00PM

1/7 Creating Your Path

1/14 Visioning (Meet with Coach)

1/21 Be a More Mindful Eater

1/28 Move More

2/4 Increase Energy Expenditure (Meet with Coach)

2/11 Meet the Macronutrients

2/18 Building a Support Network

2/25 Surviving the Supermarket

3/4 Better Stress Management

3/11 Healthier Eating Out

3/18 Relapse Happens

**REGISTER  
NOW**

