



Mercer Health

Weight Management Center

**We invite you to join in
our patients' success...**

Upcoming Weight Management Programs

Rev It Up!

9 week sessions begin: April 2, June 18, or Sept. 10

Meets each Wednesday at 11:00am & 6:00pm for 9 consecutive weeks.

Interactive lifestyle weight management program.

Includes pre- and post-class labs & body measurements, weekly weigh-ins, class material, CalorieKing book, and a MedGem session.

Program Cost: \$195.00

Medifast®

March 24, April 21, May 19, June 16, or July 21

Required Introduction to Medifast® class, held at 11:00am & 6:00pm

Meal replacement products and snacks to achieve a low calorie/low carbohydrate diet.

Class Cost = \$25.00. Medifast Cost: Ask for pricing.

LAP-BAND® Seminar:

Free informational seminar on LAP-BAND Surgery® at Mercer Health

Available to view anytime at www.mercer-health.com.

Weight Management Support Group

2nd Monday of each month at 6:00pm.

Open to participants of any of the above weight management programs.

For more information or to register

for a program, contact the Weight Management Center at 419-678-8446.