



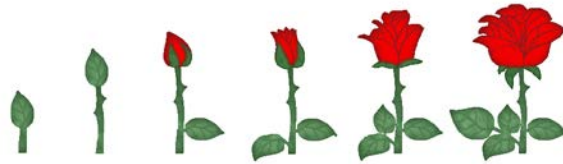
Transformations

at Norwalk Hospital

Weight Loss Program



Barbara Schmidt, MS, RD



If you want to **Lose Weight**, here's help from Barbara Schmidt, MS, RD, Nutrition Lifestyle Specialist at Norwalk Hospital.

This 8-week program, which is limited to 12, will include discussion of lifestyle, nutrition, behavior modification techniques, exercise, cooking techniques, and dining out. We will meet once a week for 1 hour.

Each participant will receive the tools to develop a meal plan tailored to individual medical history, food preferences and lifestyle. Each participant will be closely monitored through weekly food diaries and weigh-ins. **Partial course outline:**

- | | | | |
|------------------|---|-------------------|--|
| Class I | -Introduction: "My new life style"
-Setting goals for ourselves
-How many calories do I need?
-Meal planning | Class V | -Attitude traps
-Getting support from others |
| Class II | -Discovering eating patterns
-High-risk situations & triggers | Class VI | -Modifying recipes
-Restaurant survival |
| Class III | -Taking charge of your eating
-Good carbs, bad carbs
-Making exercise count | Class VII | -Behavior chains
-Lapse, relapse and collapse
-Dealing with holidays |
| Class IV | -Shopping for and storing food
-Label literacy | Class VIII | -Coping with stress
-Getting back to goals
-Permanent habit change |

Day and Evening Sessions: Tuesdays at Noon & Thursdays 5:30 p.m.

Location: Norwalk Hospital

Cost: \$180.⁰⁰

Because this class fills up quickly, **payment in full is required to reserve your participation.** Credit card preferred, or call Cindy at 203-855-3548 to discuss other options.



Because class slots are limited, **we regret that we can offer no refunds.**

New classes begin every 2 months. Email: nutrition@norwalkhealth.org or call Cindy Allen at **203-855-3548** for start dates.