

Working on weight loss from the inside out.



You've decided it's time to start your journey to better health!

Introducing a new class designed especially for high school students! Including both group and individual classes, this approach to losing weight is brought to you by a team of York Hospital health care professionals:

- Registered Dietitians
- Behavioral Health Counselors
- Exercise Professionals... and more!

Classes begin Monday, March 28th, 5:15p-6:15p.
Registration is only \$99! Space is limited to ten participants.

Pre-screening is required.

Information sessions will be held at York Hospital in Wells,
Building B, 2nd floor, on Monday, Feb 29 at 5:15 PM and
Wed. March 2 at 5:15 PM and are required before registration.

**To learn more, call Sue Patterson, RD at 207.351.2658
or email spatterson@yorkhospital.com.**

\$99

Start your
journey 3/28!

In Wells
Space is limited.
Call 351-2658
for more
information!

 **York
Hospital**

A community. For life.