

Queen of the Valley Wellness Center Presents

# NEW MEASURES

## Integrative Weight Management Program

*Weight loss woes? Don't go it alone. With **New Measures**, you've got a team of experts on your side.*

This nine-week weight management program brings the expertise of a dietitian, nurse, fitness trainer and wellness coach to your quest for a healthier, leaner you. Through lectures and activity sessions, learn to improve your diet, enhance your exercise program, manage stress and gain motivation. Get the tools needed for better choices and lasting results!

**WHERE:**

Queen of the Valley Wellness Center  
(Second floor) 3421 Villa Lane, Napa

**WHEN:**

Mondays 5:30 – 7:00 p.m.  
Begins Monday, January 17th  
Ends Monday, March 14th  
(9 Week Group Class)

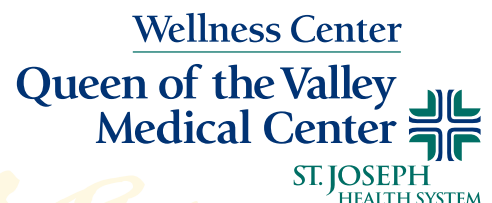
**COST:**

Synergy Medical Fitness Center Members: \$225  
Non-Synergy Members: \$265

For more information or to sign up please  
call 707-251-1395



[www.wellnesscenternapa.com](http://www.wellnesscenternapa.com)



[www.thequeen.org](http://www.thequeen.org)

Looking for just the right doctor? Call 1.877.QUEEN LINE (1.877.783.3654)