

Queen of the Valley Wellness Center Presents



Integrative Weight Management PROGRAM

The Integrative Weight Management Program at QVMC is a nine-week adult weight management program conducted by a registered dietitian, registered nurse, fitness trainer, stress management counselor, and wellness coach.

The program encompasses nutrition education, physical activity, stress management and the role of behavior change in weight reduction and weight management. The program is designed to provide participants with knowledge and tools they need to successfully manage their weight by making better choices.

WHERE:

QVMC Wellness Center Classroom
3421 Villa Lane, Napa

WHEN: (9 Week Group Class)

Wednesdays at 5:30 p.m.
Begins Wednesday, January 13th
Ends Wednesday, March 10th
5:30 p.m. - 7 p.m.
Seats are limited

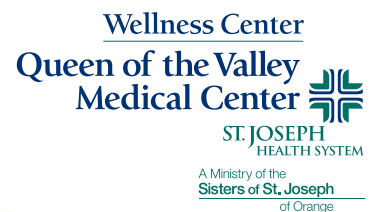
COST:

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

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



www.wellnesscenternapa.com



www.thequeen.org

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