

create  
your  
weight

ADULT WEIGHT MANAGEMENT PROGRAM

**Do You Need To:**

Lighten Up?

**Live with more energy?**

Have Confidence in the food choices  
you make?

**Then Get Inspired to  
Create  
YOUR Weight!**

**Our 12-week program teaches you  
how to make changes that will help  
you control your weight  
FOREVER!**



LEA REGIONAL  
MEDICAL CENTER

Sodex'ho  
HEALTH CARE SERVICES



BODY DESTINATION -  
Get Fit Challenge