

La Porte Regional Health System Weight Management Opportunities

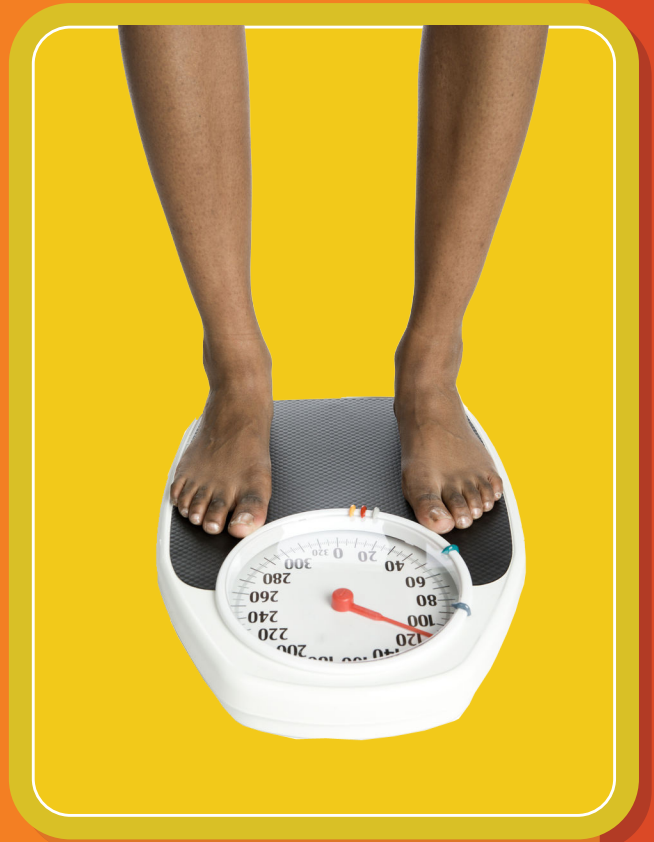
Weight Management Coaching Program

Take advantage of a unique, one-on-one coaching approach to assist you in reaching your weight loss goals. Intrinsic Coaching® will help you explore, discover and uncover an individualized plan that will work for you. It provides support and teaches you how to intentionally make healthier choices based on your lifestyle.

Program includes:

- Six, 20-minute, one-on-one Intrinsic Coaching® sessions
- Initial weigh-in with periodic follow-up weigh-ins
- Body mass index and body fat analysis
- Cholesterol and blood sugar baseline level (fasting)

Fee: \$75. Payment options include: cash, check or credit card. Discount for LRHS employees, retirees and volunteers (wellness dollars/payroll deduction available).



Weight Watchers®

The Wellness Resource Center is a host site for Weight Watchers® meetings. These meetings provide support in a group setting and encourage healthy eating, increased physical activity and healthy weight management behaviors.

Fee: determined by the national Weight Watchers® program.



**LaPORTE
REGIONAL
HEALTH SYSTEM**

A Clarian Health Partner

For more information, call
the Wellness Resource Center at
(219) 326-2480 or visit www.laportehhealth.org.