

**ANNOUNCING
A**

**Weight Management Group
For Future Health**

A SHORT TERM PROGRAM FOR LONG TERM SUCCESS



JOIN US

CEPD PSYCHOLOGICAL SERVICES

503 Floral Vale Boulevard, Yardley, PA

215 497-0240

10 session group beginning

Saturday, March 15, 2008

March 22, 29; April 5, 12, 19, 26; May 3, 10, 17

8:45AM – 10:00AM

Pre-Registration required. (Please call to discuss fees).

Group participants will learn:

- ◆ To improve healthy eating and nutritional intake
- ◆ How aerobic exercise promotes weight loss
- ◆ Techniques to help you self-monitor and make healthy choices
- ◆ Stress management coping techniques
- ◆ How positive attitudes and healthy relationships support a healthy lifestyle
- ◆ Developing an individual program that enhances your overall quality of life