

Forsyth MEDICAL CENTER

DIABETES AND NUTRITION SERVICES



L.I.T.E.: Losing Inches Through Education

Knowledge is power – power to improve your body, your lifestyle and your overall health. This seminar is taught by dietitians, nurses, an exercise physiologist and a motivational speaker. It is designed to teach strategies for healthy living and maintaining a healthy weight. Get the knowledge you need to help you reach your weight-loss goals. We will be providing you with a personalized meal plan, exercise guidelines, information on setting goals and overcoming barriers to weight loss. Free maintenance support group available for all attendees.

When: January 19 - March 23

Time: 5:30 - 6:45 p.m.

Location: Forsyth Medical Center,
Diabetes & Nutrition Services
1900 S. Hawthorne Road, Suite 504
Winston-Salem, NC 27103

New Year's Family Special: Register with a family member and attend for \$125 per person. Regular price is \$150 per person.

www.ForsythMedicalCenter.org

Class Topics:

- Introduction to program, meet the staff
- Nutrition and Exercise Basics
- Portion Control
- Reading Food Labels
- Barriers to Weight Management and Support
- Exercise – Cardiovascular and Strength Training
- Dining Out, Healthy Cooking
- Stress – Emotional Eating
- Sodium, Fiber and Fluids
- Relapse Prevention and Review

To register, call **336.718.7000**. Please register before **January 15** Seating is limited.