



Hello Summer!

Sometimes our weight loss journey takes a long winter pause. Now that summer is around the corner, you may be tempted to crash diet or spend hours at the gym. Try a different approach and give yourself time to ease into a healthy weight loss program and learn to make permanent changes that will last all year long.

Our registered dietitians will be there to help you evaluate your current lifestyle and make the necessary adjustments to help you achieve your goals. We'll provide you with the tools, support and guidance to kick your weight loss plan into high gear and keep you focused and on the right track.

The upcoming 10-week session (\$250 fee) will include weekly weigh-ins, a lifestyle educational component with a new topic each week and access to our online support group. Our nutritionists will be a constant source of support throughout the program. There are day, evening and weekend sessions available with separate groups for new members and alumni.

EVENING Session **Begins Mon, 4/22**

6:00 to 7:00 p.m.
600 Mamaroneck Ave, 3rd Fl. Harrison
New Members/Alumni

DAY session **Begins Wed, 4/24**

11:00 to 12:00 p.m.
Alumni

12:00 to 1:00 p.m.
New members

600 Mamaroneck Ave, 3rd Fl. Harrison

WEEKEND session **Begins Sun, 4/28**

9:00 to 10:00 a.m.
Alumni

10:00 to 11:00 a.m.
New members

600 Mamaroneck Ave, 3rd Fl. Harrison
(enter through side entrance)

SECURE YOUR SPOT. REGISTER ONLINE.
www.scarsdalemedical.com/nutrition

**Scarsdale
Medical
Group**

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