



**WEIGHT LOSS  
AHEAD**

**You Got This.**

## The Six-Week Summer Slim Down

### Off for summer break? Focus on your weight loss journey.

Don't let the summer months stall your weight loss journey. The summer season is the perfect time for a new and healthy start. A commitment to a healthier lifestyle is just the beginning. You'll need to focus on breaking bad habits and start healthy new ones. But, you're not in this alone. Our registered dietitians will guide you throughout your journey whether your goal is to maintain your weight loss or if you need a little extra help to reach your weight loss goal.

In this six-week session (\$150 fee), you will learn various strategies on how to maintain your weight loss or help you lose those last couple of pounds without those summer BBQs and parties getting in the way. Stay on track with the help of our registered dietitians.

#### Topics could include:

- Making good choices at BBQs and outdoor gatherings
- How to prevent weekends from sabotaging your weight loss efforts
- Eating while on vacation: Tips for eating outside your normal routine
- Fun summer foods: Lighter foods for the warmer months

**EVENING Session**  
**Begins Mon, July 15**

6pm to 7pm: Alumni  
6pm to 7pm: New members

**DAY session**  
**Begins Wed, July 17**

11am to 12pm: Alumni  
12pm to 1pm: New Members

**WEEKEND session**  
**Begins Sun, July 28**

9am to 10am: Alumni  
10am to 11am: New Members

All sessions will be held at 600 Mamaroneck Avenue, 3rd floor in Harrison.

**Register Online:**  
[www.scarsdalemedical.com/nutrition](http://www.scarsdalemedical.com/nutrition)

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