



Pave the **Weigh** Weight Management Program

Do you need help losing weight,
but do not know where to start?

Most people who try to lose weight focus on one thing, weight loss. Setting goals, making conscious food choices, increasing physical activity and changing behaviors are all important factors to being successful at losing weight. Pave the Weigh is designed with two key components: exercise and nutrition. You will receive the tools you need to approach weight loss in a healthy way that sets you up for long-term success.

LA VITA

Sponsored by the Sisters of the Divine Savior

A new kind of **care**

Changing up your weight loss approach can help you be more successful with your weight loss journey.

Program Details:

6 week program

3 days a week (Tuesday, Wednesday, Thursday)

■ 2 days exercise

■ 1 day education & discussion

Morning and evening program times available

***Free La Vita enrollment** for program participants who join within two weeks of completing the program

**Cost: \$225 Community Member
\$175 La Vita Member**

*Community member fee includes access to La Vita during the 6 week program.

Pre and post lipid panels are included for all participants.

For more information about this program contact La Vita Member Services.

Phone: 608-745-3800

Email: LaVitaFitness@dshealthcare.com



DSHLaVita.com

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