

# Rocky Mount Lifestyle Health Center

## Weight Loss Program

Promoting Physical, Mental & Spiritual Wellness

### Program Schedule-Spring 2015

5 Sessions – Monday Nights  
April 20, April 27, May 4, May 11 and May 18  
6:15 PM – 7:45 PM

### Program Content

- Eat More to Weigh Less
- Practical Tips for Busy People
- Current Nutritional Strategies
- Physiology of Digestion
- Easy, Effective Exercise
- Trusting God with What's Eating You
- Achieving Lasting Results



### Program Fees

\$50.00 per person or \$85.00 per couple (50% savings off of retail price)

### Optional Feature

Two blood draws for basic lipid panel and fasting blood sugar which includes your total cholesterol, LDL, HDL and triglycerides. Cost is \$50.00 per person.

### Program Materials

Healthy Cookbook, Water Bottle, Food Samples and Handouts  
One cookbook is included in the per couple rate.

### Program Location

Rocky Mount Lifestyle Health Center, 350 Tanyard Rd., Rocky Mount, VA 24151

### Program Registration

Registration deadline is Thursday, April 16. Call 483-7775 or email [rockymountlife@gmail.com](mailto:rockymountlife@gmail.com).

For future programs, check out our calendar of events at [www.rmlhc.com](http://www.rmlhc.com).