



I am a (please check one):

- Community Wellness Center Member
- Nonmember
- Staff Member
- Resident or Community Aged 60+

Nutrition for Weight Loss Class

Trying to lose weight in the New Year? Get started off on the right foot in 2014!

Led by a qualified Registered Dietitian, our 8-week long weight loss course will not only teach you how to eat along with critical components for weight loss, but how to implement them into your lifestyle and how to maintain them overtime. Concepts covered include nutrition for weight loss, problem-solving, goal setting, self-monitoring, and more! All participants will receive social support; a weight loss workbook; a pedometer; weekly weigh-ins; food, exercise, goal, and success logs; and one-on-one access to a Registered Dietitian for support. Individual nutrition counseling is also available.

WHEN: Tuesdays from January 14 through March 4 (8 weeks), 7:00pm - 8:30pm
WHERE: Wesley Glen Guild Center
COST: \$105 for Wellness Center Members
\$115 for Non-Members
\$75 for Wesley Glen/Ridge Employees
\$50 for Wesley Glen Residents or Community Age 60+

Open to people of all ages, class size limited to 35 people.

Wesley Glen Nutrition & Weight Loss Registration Form

First Name _____ Last Name _____

Phone (_____) _____ Email _____

Address _____

City _____ Zip _____

Age _____ Date of Birth ____/____/____ Gender _____

PAYMENT METHOD

Enclosed Cash or Check (Check or money order payable to 'Wesley Glen')

Please charge my:

Visa MasterCard American Express Discover

Account Number _____ Exp. Date ____/____/20____ CSS Code _____

Signature _____

Please mail registration form to:

Wesley Glen Wellness Center, 5155 N. High Street, Columbus, OH 43214