

## Weight Loss Basics in a Nutshell

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This 2-hour class will give you the information and tools you need to start losing weight and enjoy living a healthier lifestyle. You will learn to make important lifestyle changes that include:

### 2009 Class Dates & Times

See page 2 for clinics, dates and times that this class is offered.

### To Register

Call the Appointment Center at 952-967-7616.

*There is a \$20.00 fee due at the time of check-in. This class is not covered by insurance and as such, co-pays do not apply.*

- ▶ Choosing foods to fit healthy eating guidelines and stay within your personal daily budget for calories, fat and fiber.
- ▶ Using weight management strategies and tools to promote change and maintain motivation through challenging times.
- ▶ Making regular physical activity fit into your schedule.

In addition, you will receive resources that will help you continue to improve your eating habits over the long haul.

## Weight Loss Basics in a Nutshell-Class Schedule 2009

HealthPartners Clinic	Clinic Location	Class Limit	Time	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>Bloomington</b>	86 <sup>th</sup> Street W. and Nicollet Ave. S. Bloomington	15	8:30-10:30 AM 1:00-3:00 PM * 5:00-7:00 PM **	Tues. 1/13**			Tues. 4/07		Tues. 6/23**				Tues. 10/20*		
<b>Health Center for Women</b>	University Ave. W. and Highway 280 Saint Paul	8	3:00-5:00 PM		Wed. 2/25			Wed. 5/20							
<b>HP Specialty Center</b>	401 Phalen Boulevard Saint Paul	10	8:30-10:30 AM 4:00-6:00 PM *	Wed. 1/21			Tues. 4/21*			Tues. 7/21			Tues. 10/06*		
<b>Inver Grove Heights</b>	I-494 and Highway 52 Inver Grove Heights	15	1:00-3:00 PM 4:30-6:30 PM *	Tues. 1/20*		Fri. 3/06						Tues. 9/22*			
<b>Maplewood</b>	White Bear Ave., So. of Highway 36 Maplewood	10	9:00-11:00 AM 3:00-5:00 PM *	Thurs. 1/15				Thurs. 5/08*				Thurs. 9/11*			
<b>West</b>	Highway 394 and Highway 100 St. Louis Park	15	4:00-6:00 PM		Tues. 2/10							Tues. 9/15			

*Dates and times may be subject to change*

*\* Indicates later time*