



Are you ready to lose weight- permanently?

Join Target Fitness GI Series!

A professional nutrition therapy program!

This 10-week* nutrition education, wellness and lifestyle program is led by Registered Dietitians who will help you reach your target weight!

Program starts Tuesday, October 10th from 5:45 p.m. – 6:45 p.m.

Our team of **nutrition experts** provide you with:

- A sustainable, customized nutrition program you can follow for life
- A body composition analysis (measure of body fat and muscle)
- *Intensive* education on research-based strategies for permanent weight loss
- Personalized short and long-term weight goals
- An introduction to stress reduction, mindful eating and behavioral change techniques
- Training on innovative tools that will change your relationship with food
- Guidelines on reading food labels and a supermarket tour!

Get off the weight loss roller coaster!

Join Target Fitness Today

Enroll today by calling HealthConnect at 631-444-4000

*\$190.00 person for the 10-week program

Please bring cash or check at the first session