

**Want to lose weight but not ready to go to the gym?  
Want to learn how to eat healthier without giving up everything that  
tastes good?**

**YOU'RE NOT ALONE!**

**PLEASE JOIN  
LEHB WEEKLY WEIGHT MANAGEMENT**

**Meet with a Registered Dietician weekly, in a group setting with other  
LEHB members who want the same results.  
Individual appointments are also available.**

**Find out how to:**

- **choose healthy alternatives**
- **maintain a healthy lifestyle,**
- **plan meals**
- **control portions**

**The weekly meetings will be  
at LEHB, 2848 St. Vincent Street.**

**Please call LEHB to see if a current session is available.**

**Please call LEHB to register.**

**215-763-8290**

**Kate (217), Ali (262) or Phyllis (220)**