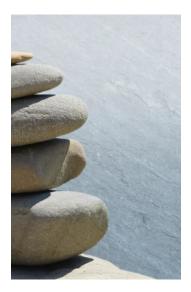
Healthy Lifestyle Group







Are you interested in learning more about how to set realistic nutrition, and physical activity goals? What about how to address stress eating habits?

Join us for 60 minutes/week in a 16-week program to learn effective skills to facilitate healthful, lasting weight loss in a supportive and interactive instructional group format!

Most Insurances Accepted | Daytime and Evening Groups Available | Telehealth

Contact Us:

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