

# 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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