**Are you ready to lose weight permanently?**

**Join Target Fitness!**

***A professional nutrition therapy program!***

This online 10-week comprehensive and innovation nutrition education, wellness and lifestyle program is led by Registered Dietitians who will empower you to reach your target weight!

**Programs are starting April 1st, 2021!**

**Please register using link below or send an email to nutrition@stonybrookmedicine.edu.**

**Zoom links will be sent out to participants.**

**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**
* **Stress reduction, mindful eating & behavior change methods**
* **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 completing intake form:

* Scan QR code OR
* Go to: <https://stonybrookuniversity.co1.qualtrics.com/jfe/form/SV_8ivn1FDY8ZEeEUB>

*$190 per person for the 10-week program payable before start of classes. Payments are non-refundable and non-transferable.*