



Presents

**OPTIFAST®**  
The serious solution for weight loss™

52 lb.  
average  
weight loss

15%  
average  
decrease in  
cholesterol

29%  
average  
decrease in  
blood glucose

10%  
average  
decrease in  
blood pressure

imagine the difference

Come and find out more about this NEW weight management program for those who have tried multiple diets but have had little success. This information session will answer all your questions about three different program levels. Protocol, costs, and insurance discussed at this information session.

**Full Meal Replacement Program-**

Specifically for those with more than 50 pounds to lose, this 18 week medically supervised program is followed by an 8 week long term weight management group and includes a 12 month fitness membership. This multidiscipline team approach program averages about 2-4 lb./week and includes behavior modification with behavioral specialists.

**Partial Meal Replacement Program-**

A flexible option ideal for persons who feel the need to eat regular food or for those with less weight to lose.

**Short Term Meal Replacement Program-**

Same program as the full meal replacement program in 1/2 the time for those with less weight to lose or for special times such as holidays or prior to a vacation.

*Information session is FREE. Registration suggested. Call 408-6550 to sign up for one of the monthly sessions.*

**JOIN US FOR ONE OF OUR MONTHLY OPTIFAST INFORMATION SESSIONS**

*Tuesday, April 20<sup>th</sup>*

*Thursday, May 13<sup>th</sup>*

*6:00 p.m. – 7:00 p.m.*

*St. Vincent's One Nineteen Conference Center*

*7191 Cahaba Valley Road, Hoover, Alabama 35242*



**Weight loss, improved health, renewed energy and self esteem**

