



## **Woodbridge Internal Medical Associates**

Are you ready for a life changing weight management class?

Are you ready for making changes with your health and mindset and allowing yourself to enjoy food without the guilt, plus still get results?

If you answer yes to any of these questions, then this class is for you!

---

**“Weight and scales are just numbers, but what really matters is how you feel mentally and physically”**

**Join us 4 times a year for our 8 weeks weight management classes offered every Winter, Spring, Summer, and Fall on Thursday (6:00 pm – 7:00 pm)**

**Sign up at Woodbridge Internal Medical Associates**

**By calling 732.634.0036, ext. #284**

### TOPICS THAT ARE INCLUDED:

- CUSTOMIZED MEAL AND WELLNESS PLAN
  - DIFFERENCE BETWEEN HUNGER AND APPETITE
  - DIFFERENT FORMS OF EXERCISE AND HOW MUCH SHOULD YOU EXERCISE
  - POWER YOUR METABOLISM WITH PROTEIN, FRUITS AND VEGETABLES – ADD COLOR TO YOUR LIFE!
  - GROCERY SHOPPING AND NUTRITION LABELS
  - DINING OUT WITHOUT THE GUILT
  - WHAT ARE THE NEW GUIDELINES WITH PLANT-BASED LIFESTYLE?
  - WHAT HEALTHFUL SNACKS ARE BENEFICIAL FOR WEIGHT MANAGEMENT?
  - FREE LIVING PLATE RX RECIPES AND PROGRAM FOR ALL PARTICIPANTS!
- AND SO MUCH MORE!

If you have any questions, please email the Registered Dietitian, Annette O’Neill, RDN @ [vibrantwellness.ao@gmail.com](mailto:vibrantwellness.ao@gmail.com)