



Affordable

Healthy

Weight Loss Program

**Designed and led by Tori Park,
Registered & Licensed Dietitian**

- ✓ **Goal setting, & individual diet plan with R.D.**
- ✓ **Initial and weekly weigh-ins**
- ✓ **Weekly diet, exercise, & health classes**
- ✓ **Weekly incentives, recognition, accountability**
- ✓ **Weight maintenance education**
- ✓ **Open to Nautilus members & non-members**

**ONGOING PROGRAM THAT STARTS
THE WEEK OF JAN 19th 2009**

Meeting Options:

Nautilus Lady on Thurs at 12 noon
Nautilus West on Thurs at 6:30 pm
Denison Nautilus on Weds at 11:45 & 5:15

Sign up at the front desk or for more info contact Tori at 806-341-8883