

## FREE Weekly Program

8 week program  
includes:

- ♥ Goal-setting
- ♥ 4-Scheduled Weigh-ins
- ♥ Health Status Assessment with BMI, Blood Pressure, Glucose and Cholesterol
- ♥ Reality of What You Are Eating Discussion, Portion Sizing and Snack Ideas
- ♥ Food Journaling
- ♥ Low Impact Aerobic Exercise Class & Fitness Walks
- ♥ Cooking with Taste for Low Calorie Meals Workshop
- ♥ Are You an Emotional Eater?

# Women's Weight Management Program



To learn more about the  
program or to find out when  
the next session begins  
call (718) 613-6811



**The Women's  
Health Program**

**Interfaith Medical Center**



**Interfaith  
Medical Center**

**The Women's Health Program  
at Interfaith Medical Center**  
is located at  
Bishop Orris G. Walker Jr. Health Center  
528 Prospect Place  
(between Franklin and Classon Avenues)  
Brooklyn, NY 11238

[www.womenshealthatinterfaith.com](http://www.womenshealthatinterfaith.com)