

New Afternoon Class

Come during your lunch break!

BACK ON TRACK

FREE Healthy Eating Program

Presented by Jane Sylvestre, MS, RD, LDN

WHAT: Learn the proper eating & exercise plan to succeed with a lap band and regain your health.

WHO: Pre and post op lap band patients

WHEN: Wednesday afternoons: 12:00-1:00 pm
March 7th- April 11th
*Pack a lunch to eat during our meeting if you wish.

WHERE: Surgical Weight Loss Specialists, 278 Union Street, E. Walpole

TOPICS: Goal setting & Meal planning
Cooking class/Demo/ Food tasting
Label reading / Supermarket Tour
Challenges of Dining out / Mindful Eating

TO REGISTER: Call 508-668-4400