

Evening Class

BACK ON TRACK

FREE Healthy Eating & Exercise 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 evenings:
6:00pm-6:30 pm walking group. Meet at our office. In the case of inclement weather we will walk at the Walpole Mall. (meet inside the mall in front of Kohls.)
7:00-8:00pm class
Wednesday nights April 4th-May 16th (omit April 18th)
- WHERE: Surgical Weight Loss Specialists, 278 Union Street, 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