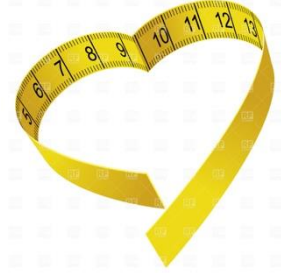


ARE YOU INTERESTED IN PARTICIPATING IN A PHYSICIAN-SUPERVISED WEIGHT LOSS PROGRAM?

Losing weight is difficult. Your doctor can help you on this journey. **Here at Sixteenth Street Community Health Centers, we are implementing a new comprehensive obesity management program designed to help you reach your health and weight loss goals.** In partnership with your doctor, you can participate in our program that will provide guidance and connect you with resources to help you be active, choose healthy foods, and receive medical treatment to help you achieve a healthy weight.



WHAT DOES THE PROGRAM ENTAIL?

Your doctor will arrange a series of visits at which you will discuss the following options:

- Guidance on healthy eating
- Connection with community resources for physical activity
- Referrals to a dietitian, the Healthy Choices program, and behavioral health
- Weight loss medications, when appropriate
- Participation in a weight loss support group
- Encouraging healthy habits to reduce stress and improve sleep

