

How the Program Works:

Sessions: 8-week program
meets once a week

Time: 5:00-6:30 pm
(spring/fall sessions)
1:00-2:30 pm
(winter session)

Location: Alice Hyde Medical
Center

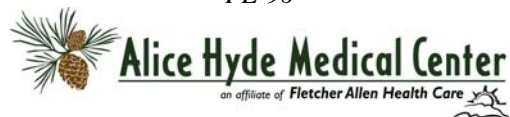
Cost: \$250.00
Please check with your
insurance provider for
coverage prior to
enrolling.

Call for more information about
upcoming sessions.

518-481-2603

“Quality health care with
dignity and compassion to
those we serve”

*This publication is a product of
Alice Hyde Medical Center
Office of Communications & Media Relations
133 Park Street
Malone, New York 12953
PH: (518) 481-2430
Printed June 2008.
PE-96*



WEIGHT LOSS FOR WELLNESS

AT
ALICE HYDE
MEDICAL CENTER

Advanced medicine. Compassionate care.



FRUSTRATED WITH CREEPING WEIGHT GAIN?



You can improve
your health and
change your future
with small but steady
lifestyle changes.

WE CAN HELP.

This 8-week behaviorally-based program promotes gradual weight loss through calorie restriction, exercise and modification of daily food choices.



You will learn factual information about nutrition, weight management, and physical activity.

We can help you to develop the skills necessary to master lifestyle changes and maintain these changes for continued long-term success!

Clinical Nutrition: 518-481-2603
Community Wellness: 518-481-2474

What is Weight Loss for Wellness?

Our program is based on the LEARN® Program for Weight Management developed by Dr. Kelly Brownell of Yale University.

LEARN® (Lifestyle, Exercise, Attitudes, Relationships, Nutrition) represents more than 25 years of scientific research and clinical experience in the field of weight loss.

With LEARN®, there is no prescribed diet. Individual calorie goals are set, with an emphasis on understanding behaviors related to healthy eating and physical activity.



Is this Program Right for You?

Weight Loss for Wellness is designed for people who are at least 18 years old.

Participants must be clinically overweight or obese—defined as having a Body Mass Index or BMI ≥ 25 or 30 respectively.*

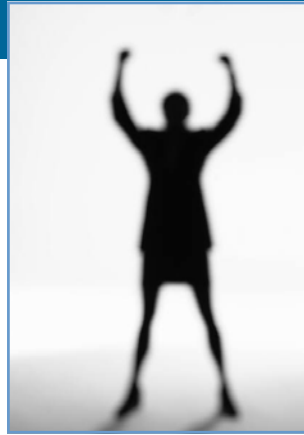
A physician referral is required.

Our goal is to promote gradual, permanent weight loss—this is not a quick-fix or a fad diet.

Participation is key to success.

Average weight lost in our 8-week program is 12 pounds.

*To calculate your BMI, divide your weight in pounds by your height in inches; divide again by your height in inches; multiply this number by 703.



Course Topics:

Basic nutrition principles

Fitting in fitness

Realistic goal setting and action plans

Principles of behavior change

Common pitfalls of fad diets

Portion control

Smart shopping and label reading

Eating on the run

Special occasions

Keeping it all together

Lapse versus relapse



Your Class Facilitators

Kristin Ellis-Wood RD, CDN

Kristin is a Registered Dietitian and a NYS Certified Dietitian/Nutritionist at AHMC.

She holds a Certificate of Training in both Adult and Childhood/Adolescent Weight Management from the Commission on Dietetic Registration.

Josy Delaney MS

Josy is the Community Wellness Specialist at AHMC.

She holds a Masters of Science in Exercise Science and is certified as an Exercise Specialist through the American College of Sports Medicine.

Together, your facilitators have more than 25 years of experience in the field of nutrition, weight management, and cardiovascular health.