

Weight Control in 12 Weeks Group Program

I know that I should be more active and eat less to lose weight. What's holding me back?

I wish I could get the support from people who understand what I'm going through.



Looking for extra support to reach your weight and health goals?

Description: The Weight Control Center at Columbia University Medical Center is offering an interactive, registered dietitian-led weight management group. Each group session will involve discussions exploring the benefits, barriers, thoughts and specific action plans around changing old habits and establishing new, healthier habits.

Details: This will be a 12-week group with up to 7 participants. Each session will last 60 minutes and includes a private weigh-in and handouts. The small group format is intended to give everyone a voice and allow for individualized attention.

Where? The Weight Control Center, Herbert Irving Pavilion
161 Fort Washington Avenue (near 165th St), 5th floor, room 512

Cost: The cost is \$480 for the 12-weeks (\$40 per session)

Contact: Jamie Leskowitz, MS, RD, CDN at jil2221@columbia.edu or **212-305-0486** for information and start dates.

It's time to get your body and health back in balance. We're here to help!

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