

create
your
weight

ADULT WEIGHT MANAGEMENT PROGRAM

Do You Need to:

**Lighten up?
Live with more energy?
Have confidence in the food
choices you make?**

**Then get inspired to
Create
YOUR Weight!**

**Our nine-week program
teaches you how to make
changes that will help you
control your weight
FOREVER.**



“As President of the American Dietetic Association, the nation’s largest food and nutrition organization, I am pleased to share with you the Sodexo commitment to the most current evidence-based information for successful, long-term weight management, Create Your Weight.”

*Susan H. Laramie, MS, RD, LDN
Director, Professional Relations
Sodexo Health Care Services*