



Weigh-In Clinic July

Friday	1 st	9a-11a
Monday	11 TH	9a-11a
Friday	22 nd	9a-11a
Monday	25 TH	9a-11a

SLEEVE/LAPBAND SUPPORT GROUP
MONDAY 25TH
6:30 P.M.
AT

WEST JEFFERSON FITNESS CENTER

PLEASE NOTE THAT WEIGH IN CLINICS ARE TO ASSIST IN EVALUATING YOUR DEGREE OF RESTRICTION AND NEED FOR AN ADJUSTMENT, THEREFORE IT IS NECESSARY THAT YOU BRING YOUR JOURNAL FOR REVIEW DURING THESE VISITS