

NEWS RELEASE

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FOR THE GOOD HEALTH OF NEVADA

Med school offers holiday help

Lynne Williams, medical school information
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FOR IMMEDIATE RELEASE

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Nutrition*

Dreading the holidays, with all those parties and food, food, food? Dreading the extra pounds you always put on and can't seem to get rid of when the eating fest is over? Make this year different. Finish the holiday season weighing the same or less than you did at the start.

The Weight Management Center at the School of Medicine is proud to offer our proven and successful Holiday Weight Maintenance Plan to UNR staff at a discounted price of only \$50. For the past three holiday seasons, we have conducted research studies using our simple weight maintenance plan, which includes:

- One group orientation to provide diet instructions
- Five individual visits to the Weight Management Center – three with a registered dietitian, two with a technician for assessment, that includes height, weight, blood pressure, and body composition (percent fat) at the beginning and end of the plan
- Biweekly weigh-ins to keep your weight in check

Orientation and assessment appointments start the week of November 16. Call 784-447 to sign up for an orientation session and schedule your assessment appointment.