



# It's **FIT U**

*With Your CRHC Dietitians*



**Fit U is a 10 week weight loss management class designed just for you!**

**Receive your personalized training and tools for weight loss management success from CRHC Dietitians Molly Gilmore & Melisa Baier.**

**Classes begin  
January 16th.  
Register today!**

**\$75 per participant**



## **It's as easy as...**

**1.**

*Initial height, weight, body fat and waist measurement*

**2.**

*Personalized weight management plan*

**3.**

*Weekly 30 minute session (weigh-in, topic of the week)*

**4.**

*Final weight, body fat, & waist measurement*

**Tuesdays (January 16th—March 20th) from 4:00—4:30 p.m. in Conference Room A**

**Wednesdays (January 17th—March 21st) from 7:15-7:45 a.m. in Conference Room A**

**Contact Melisa Baier at 542-8303 for more information.**