

Weight Loss Programs

Body weight is the first indicator of your overall health. Everyday spent in an overweight condition adds risk to your health. A BMI over 30 puts you at greater risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. The Executive Health Department RN's can help provide resources for weight loss that support each individual's goals. These programs will be tailored to meet the emotional and physical needs of each person in a safe and confidential atmosphere. Contact the Executive Health Department team to get started today!

- Physician supervised weight loss program
- Executive recipe book
- On-line Behavioral Modification Videos
- Meal replacement shake options
- Free weight loss apps for your mobile device

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