

LIFESTEPS

Weight Management Program

On your weigh to good health.



Lifesteps is a comprehensive weight management program that focuses on behavior modification techniques for weight loss and maintenance.

Led by:
Valerie Lawrence, RDN
Dietitian and Health Coach

For More Information Contact Valerie at:
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Sign up online at:

<https://signupwellness.eventsmart.com/lifestepsbsd/>

Come and Learn About Lifesteps

FREE Mandatory Orientation:

Wednesday, September 11 | 4:30-5:30 pm

Saint Alphonsus Regional Medical Center
1055 N. Curtis Road | Boise, ID
Granite Conference Room

- 13 Week Weight Management Program
Wednesdays 4:30 pm – 5:30 pm
September 11 – December 11, 2019
- Participation will count for 100 Wellness Plan Activity Points



Saint Alphonsus



Boise Schools

EMPLOYEE WELLNESS

promoting healthy lifestyles