

# 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

[valerie.lawrence@saintalphonusus.org](mailto:valerie.lawrence@saintalphonusus.org)  
Or (208) 367-4459

Sign up online at:

<https://signupwellness.eventsmart.com/events/lifesteps/>



**Saint Alphonsus**

CORPORATE HEALTH AND WELLNESS

### **Come and Learn About Lifesteps and Sign Up For the Program**

**FREE Mandatory Orientation:**

**Sept 19<sup>th</sup> @ 5:00 pm**

**Room: Coughlin 1**

Saint Alphonsus Regional Medical Center

1055 N. Curtis Road

**13 Week**

**Weight Management Program**

**Tuesdays 5:00 pm – 6:00 pm**

**Sept 26<sup>nd</sup> – Dec 19<sup>th</sup>**

*\$40 for personal materials; participation will count for 75 Wellness Plan Activity points*