

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@saintalphonsus.org
Or (208) 367-4459

Sign up online at:

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



Saint Alphonsus

CORPORATE HEALTH AND WELLNESS

Come and Learn About Lifesteps and Sign Up For the Program

FREE Mandatory Orientation:

January 24th @ 5:00 pm

Sister Patricia

Conference Room (2nd floor)

Saint Alphonsus Regional Medical Center

1055 N. Curtis Road

13 Week

Weight Management Program

Thursdays 5:00 pm – 6:00 pm

January 24th – April 25th \$40 for

personal materials (cash or check only);

Participation will count for 100 Wellness Plan

Activity Points