

# 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.

**Instructor:**

**Rachelle Ausman**

**Dietitian and Health Coach**

For More Information Contact

Rachelle at

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Or (208) 367-4459



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

**FREE Mandatory Orientation:**

**Sept 15<sup>th</sup> @ 6:00 pm**

**Sister Patricia Room**

Saint Alphonsus Regional Medical Center

1055 N. Curtis Road

**13 Week**

**Weight Management Program**

**Thursdays, 6:00 pm – 7:00 pm**

**Sept 22<sup>nd</sup> – Dec 22<sup>nd</sup>**

*\$45 for personal materials; participation will count towards Personal Wellness Activity completion*