

Professional Dietary Programs with Rita Larsen R.D.

Point Saver System Weight Management Program

Mondays 6:00 -7:00 p.m., Fridays 12:00 - 1:00 p.m.

Session I September 27 - November 1

The easiest form of tracking food intake known to date! Personal copy of energy needs for weight loss and maintenance will be done for you! System for learning food portioning. Can incorporate medical considerations. Recipes and food logs provided. Group participation can be found very helpful. Weekly weigh-in; e-mail dietary questions can be added at your choice! New Easy-to-Use Materials!

one session; 6 weeks, \$125 members; \$175 non-members

Sign up with Concierge or with Rita. See program outline on website. Sign-up by Sept. 24th; space is limited to ten.

Available through appointment for individuals or small groups.

Open to new members looking for added nutrition while exercise start-up. Small group, as family unit, exercise group looking for additional assistance.

Exhale members would enjoy this class.

Diabetes & You!

Monday, Friday, 1:00 - 2:00 p.m. , Tuesday, 6:00 - 7:00 p.m.

Weeks of October 4, 11,18

Adults; with / Type 1 or 2 diabetes ~ Eating right is a big part of keeping healthy with diabetes. Tracking carbohydrates has been made easy by simple instruction of what equals one serving, or "15 gms. of Carb". Your whole family can benefit by enjoying healthy recipe choices, and the long term improvement in overall health. How to monitor blood sugar and choosing foods that are best for your diabetic diet is provided in this program!

3 weeks, 3 sessions \$45.00 members; \$60.00 non-members

Sign up with Concierge or Rita W. Larsen, RD, 262-786-0880

Diabetes can affect all aged adults. Dramatic improvements in one's health can be made by eating well and having normal blood sugar levels. Diabetes is the single most common disease process in America, affecting 60% of all adults ages 20-80.

HELP - Healthy Eating for Life

Youth or family sessions by appointment:

Monday or Saturday, 10:00 a.m. - 12:00 p.m.

Tuesday evening 3:45 - 5:45 p.m.

September 6 - November 20

This dietary program is designed for Youth and Teens; ages 6 - 19 years old , addressing needed changes in family eating patterns for positive outcomes. It uses the USDA Dietary Guidelines and nutritionally balanced diet plans. Body Mass Index is calculated, calories need of each child and examples of proper portion and meal plans are all included. Follows 2009 format from "Alliance for Healthy Generation" 3-sessions minimum; 1-month.

Can be done in conjunction with TNT.

e-mail or phone conferences available

3 sessions for \$99.00

Sign up for these programs with the Concierge 262-754-3467 or Rita 262-786-0880

