

Weight Institute of New Hampshire PROGRAM OFFERINGS

WEEKLY WEIGHT-IN

After meeting with a Registered Dietitian to design an individualized meal plan, participants attend weekly weigh-ins and nutrition sessions. Monday's, 4:30 – 5:30 pm, LRGH

OPTIFAST PROGRAM

An 18 week medically supervised, calorie restricted meal replacement program. You can opt for either a partial or full meal replacement program. Over the 18 weeks, one will transition to self-prepared 'everyday' meals and receive nutrition education and support. Average weight loss is 50lbs.

INDIVIDUAL NUTRITION COUNSELING

One-on-one meetings with a registered dietitian to set specific goals & create a personalized meal plan.

NON-SURGICAL WEIGHT LOSS

OPTIONS-INFO SESSIONS

Days and times vary, LRGH, FREE

BARIATRIC SURGERY

Join us and meet the team of a Nationally Accredited bariatric surgery program in the Lakes Region. We offer both the sleeve gastrectomy and the gastric bypass. Our weight loss outcomes exceed national standards!

FREE informational sessions occur the 2nd Wednesday of every month at LRGH.

BARIATRIC SUPPORT GROUPS

3rd Thursday of the month, 6:00-7:00 pm, LRGH, FREE

TASTE TEST THURSDAYS

Try a different "super food" every month; samples, recipes and fact sheets provided-FREE LRGH- 1st Thursday of every month 11:30-1pm
FRH- 2nd Thursday of every month 11:30-1pm

BODY COMPOSITION

Do you want to know more than just your body weight? Use our body composition scale to assess your muscle mass, fat mass, estimated daily calorie needs and more!

Cost: \$20

For more information or to register call 527-2946