

Weight Institute of New Hampshire PROGRAM OFFERINGS

MEDICATION ASSISTED WEIGHT LOSS

A comprehensive program that combines lifestyle changes with the assistance of medication to promote weight loss.

18-WEEK 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 on the Full Program and 30lbs on the Partial Program.

New

8-WEEK OPTIFAST PROGRAM

Just like the 18-week program but only 8 weeks long. Average weight loss is 20-25lbs.

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 5:00-6:00PM

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.

BARIATRIC SUPPORT GROUP

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

FREE

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

INDIVIDUAL NUTRITION COUNSELING

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

FREE NON-SURGICAL WEIGHT LOSS INFORMATIONAL SESSIONS

Days and times vary, **FREE**

FOR MORE INFORMATION OR TO REGISTER CALL (603) 527-2946

Visit our website at winh.org

(Some classes are offered both virtually and in-person!)