



## CLASS OVERVIEW

# WEIGHT LOSS UNIVERSITY

Every pound lost is considered a big win.

This class series is for individuals who need to lose 10 to 30 pounds of excess weight. Get pumped up to trim down your risk of developing diabetes and other weight-related diseases with a personal weight loss coaching class. The class fee covers the monthly series (four classes), as well as four additional individual 30-minute sessions (call to schedule).

### Coaching Staff

- Registered dietitian
- Exercise specialist

### The Playbook

- Increase daily activity
- Eliminate health sabotaging behaviors
- Focus on calories
- Create a nutritionally sound diet
- Adopt lifestyle changes

### Bonus Points

- No contracts
- Learn how to fuel your body
- On average, participants lose one to two pounds each week

### CLASS SCHEDULE

**Tuesdays, 5 to 6 p.m.**

### SEASON TICKETS

Participants can choose a flat fee of \$150 or insurance can be billed. Insurance coverage may vary depending on policy benefit plan.

### TO REGISTER

Call: **402.559.8700**

### LOCATION

**Nebraska Medicine –  
Diabetes Center**

*Conference Room (1st floor)*

The Diabetes Center is located in the Specialty Services Building just east of the Durham Outpatient Center.

