

**Lifestyle Medicine presents:**

**2015**

## **Weight Management Class Series**

One Year Commitment

Starts Monday, January 12, 2015

5-7 PM

*The longest journey  
begins with the first step.*

We'll help you focus on **sustainable weight loss** while **improving various chronic medical conditions** such as diabetes, pre-diabetes, heart disease, high blood pressure, high cholesterol and arthritis.



- Practical and experiential
- Lead by a physician
- Support and accountability

It's not just weight loss.  
It's lifestyle change.

Call and schedule today. Dr. Fernandez has limited class space.

**425-225-2755**

**Dr. Marissa Fernandez-Kiemele**



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