

WEIGHT MANAGEMENT

Using the LEARN® Program

No gimmicks, fads or quick diets



This program includes an individual consult with a Certified Lifestyle Counselor, 12 group sessions (once a week for one hour), a participant manual/workbook, pedometer kit, and a customized health risk assessment with blood work through North Arkansas Regional Medical Center. The cost of the program is \$150.



The LEARN program:

- Provides knowledge
- Teaches skills
- Enhances motivation
- Promotes PERMANENT lifestyle change
- Incorporates dietary change principles
- Comprehensive behavior modification
- Flexible and tailored to each individual
- Evidence-based and scientifically tested

For more information call: **(870) 391-3529**

Or visit the **Community Health Resource Center**
Northark Center Campus
303 N. Main, Suite 101
Harrison, AR

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