



Healthy Weight Management Group

Learn how to:

- Lose weight and keep it off
- Set realistic goals
- Manage time more effectively
- and much more!



Student Health is offering a **FREE** Weight Management Group, facilitated by a Registered Dietician, Psychologist, and a Physician.
No Appointment Necessary

Thursdays 3:00 – 4:00pm
Student Health Service
Sm Conference Room, # 207 (2nd fl)

Questions?
e-mail: cemcnamara@ucsd.edu
<http://studenthealth.ucsd.edu>

