

**Overweight? Stressed-Out?
Tired?
Depressed?
High-Blood Pressure? Diabetes?**

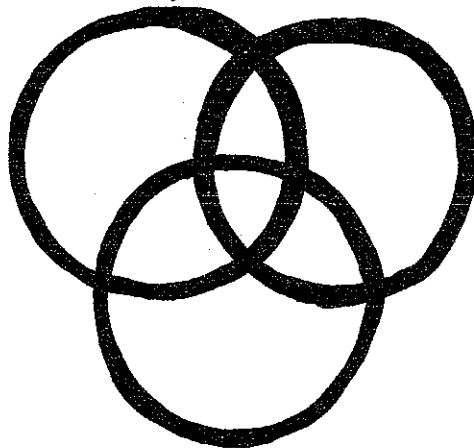
THERE IS HOPE!

If you feel like you are trapped in a miserable body and that your life and your health are out of control...you are not alone. Join us on an exciting journey to discover the secret of self-control. Learn how to :

- TAKE CONTROL OF YOUR LIFE
- TAKE CONTROL OF YOUR HEALTH
- BE SET FREE FROM AN UNHEALTHY BODY

Classes are free!! But, you must register.

***Contact: Lisa Lofty, RN @ (423)837-7355**



Self-Control: Lose the Weight For Eternity

SELF-CONTROL: "Lose the Weight for Eternity"

PROGRAM DESCRIPTION

The Self-Control Weight-Loss Program is a customized, permanent weight-loss program that uses a holistic approach to weight-loss and health management. This program is designed to improve human health from the inside...out.

We offer a "6-Week Total Health Make over" through nutrition, exercise, and stress management. Members of the program receive a comprehensive physical exam as well as a complete psychosocial evaluation. Follow-up includes a 6-Week Health Course with additional group support.

Our mission is for every member to be "Healthy, Whole, and In Control!"

PROGRAM SERVICES

Customized Weight-Loss Program including:

- 4 Scheduled Office Visits
- Self-Control Workbook
- 6-Week Health Course
- Supportive Group Therapy

Group Wellness Education:

- 1-Hour Presentation (Topic of Choice)
- Self-Control Workbook(Optional)
- Supportive Group Therapy

Home Visits:

- Private Weight Loss Consultation
- Self-Control Workbook
- Supportive Group Therapy

Self-Control
6-Week Program Schedule

SESSION #1

Control Yourself! "Choose to Be Healthy"

SESSION #2

The Truth: "What does God's Word say about a healthy body?"

SESSION #3

The Basics(Part 1): "The Importance of Water & Exercise During Weight Loss"

SESSION #4

The Basics(Part 2): "The Difference Between True & False Hunger"

SESSION #5

How to Overcome Temptation

SESSION #6

Fasting 101: "When, Why, & How to Fast"