

# healthier is taking control of your weight

Welcome to *A Healthier You*, a FREE 12-week program focused on lifestyle balance. *A Healthier You* gives you the tools and encouragement to manage your weight through:

- Healthy eating
- A more active lifestyle
- Stress and time management
- And more

A dietitian will show you how to make gradual, achievable changes. These are the kind of sensible changes you'll be able to stick with long term – and see real results. You're invited to sign up for the next *A Healthier You* session now.

Call 245-1198 to register today; seating is limited. Visit [LiveHealthyKauai.org](http://LiveHealthyKauai.org) to learn more.

HAWAII  
PACIFIC  
HEALTH

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MEDICAL CENTER



CREATING A HEALTHIER HAWAII

Every Wednesday at 5:30 p.m., Jan. 10 – April 4  
Wilcox Medical Center Conference Rooms

