

Resolve to Eat Right!



Point Saver Dietary Program

Rita W. Larsen, R.D., C.D.

Wednesday, 4:30 to 5:30 p.m.

& 6:00 to 7:00 p.m.

January 27 - March 17

Join Rita to learn “What to eat and what not to eat”! Her successful program will provide all of the tools that it takes to create your own personal weight loss system. Calories are calculated specifically for each individual’s needs. Also included are easy-to-follow menus and tasty recipes to compliment your personal eating style. To make the process even easier, you will be shown how to log-on to a computerized menu system. Discuss with Rita the most nutritious food choices for snacks, lunches, and dinners as you learn to make healthy food choices and direct your own weight loss program. A visit to a local grocery store is included. Everything you need to know in eight quick weeks! Food samples are provided every week! Food samples will be included by instructors on given days.

Sign up with the Concierge

8 week session, Member \$59, Non-Member \$79

Get Professional Help

elite
SPORTS CLUBS
eliteclubs.com