



Adrian lost 90 pounds with the Decision Free Diet.



HMR Weight Management Program One of the country's BEST fast weight-loss diets!

- HMR is a program that offers:
- Weekly group education classes
- Weekly phone coaching
- Medical supervision if recommended
- Delicious and nutritionally complete meal replacements
- Mind skills classes
- Long term weight management classes
- At home options

To hear more about the HMR program, attend a free orientation! To schedule or for more information please call 714-446-5154

St. Joseph Health 
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