



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

To hear more about the HMR program, attend a free orientation!

To schedule or for more information please call 714-446-5154

Or visit us at 100 E. Valencia Mesa Dr., Suite 111 Fullerton CA 92835

www.hmrprogram.com

HMR at Home® Program

Need a more flexible option? Our at-home program offers both weekly group phone coaching and digital coaching through our app. You can also save time and money by having HMR foods and materials delivered straight to your home.

To join the HMR at Home Program go to:
www.hmrprogram.com/?acct=stjude
or call 714-446-5154



St. Joseph Health 
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Center for Health Promotion