



HMR Weight Management Program

Voted #1 *Best* Fast Weight Loss Program by
U.S. News and World Report

HMR is a program that offers:

- Weekly group education classes. Virtual and in person classes offered!
- 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* in person or virtual information session.

To schedule or for more information call 714-578-8773. Classes offered in Brea, Mission Viejo, & Orange.



Scan the QR code to learn more!

Kat lost 100 pounds on the HMR diet!

