

2018



SLIM Monthly Weight Loss Classes

Open to the Public! Cost: \$35 per session. Registration required.

All meetings are held the last Tuesday of the month.

- Morning Group meets from 9:30 - 10:30am
- Evening Group meets from 5:30-6:30pm

January 30th

February 27th

March 20th**

April 24th

May 29th

June 26th

July 24th**

August 28th

September 25th

October 30th

November 27th

December 18th**

All attendees will check-in at Suite 230 in the Mission Medical Plaza.

- Morning groups will meet in the 2nd floor break room.
- Evening groups will meet on the first floor in Suite 115.

Classes are free of charge for SLIM Graduates.

**This meeting does not occur on the last Tuesday.

26800 Crown Valley Parkway, Suite 230, Mission Viejo, 92691

To register, contact **Christi Coy, MS, RDN, CSOWM** at (949) 364-3612 x1208 or Christi.Coy@stjoe.org

MHMGSLIM.com MissionHeritage.com

A Ministry founded by the Sisters of St. Joseph of Orange

St. Joseph Health 
Mission Heritage Medical Group
A member of the St. Joseph Hoag Health alliance