

2020



SLIM Monthly Weight Loss Classes

Open to the Public!

Offered virtually.

Registration required.

All meetings are held virtually by Zoom. Register for meeting details.

Classes are held the last Tuesday of the month.

Morning Group offered at 9:30 - 10:30am

Evening Group offered at 5:30-6:30pm

August 25th

September 29th

October 27th

November 24th

December 15^{th**}

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, FAND 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