



# Achieve Lasting Weight Loss! SLIM Premier Program

## 2018 Sessions

Wednesdays 5:00 - 6:15pm

January 10 - March 28

April 4 - June 20

June 27 - September 12

September 19 - December 12

Thursdays 9:15 - 10:30am

February 15 - May 10

May 24 - August 23

August 30 - November 15

Enroll in our next session!

Space is limited.

Please contact:

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## Self-achieved Lifestyle Improvement and Management (SLIM)

SLIM is a 12-week, medically-supervised program which utilizes a comprehensive approach to promote positive lifestyle changes and improve long-term physical and mental health and overall wellness. Weight management is the ultimate desired goal of the participants.

The SLIM Premier Program offers:

- \* Tools to achieve safe and effective weight loss
- \* Workshops that teach and encourage permanent lifestyle changes
- \* Individualized, easy-to-follow meal plans designed by a registered dietitian
- \* Physician supervision
- \* Success through continuous instruction, guidance and support

Long-Term Goals:

- \* To sustain a fresh and healthier lifestyle
- \* To reduce the risk of chronic diseases
- \* To regain self-confidence
- \* To develop a healthier relationship with food and your body

**Christi Coy, MS, RDN, CSOWM**  
**Certified Specialist in Obesity and Weight Management**  
**Mission Heritage Medical Group, Weight Management Division**

[MHMGSLIM.com](http://MHMGSLIM.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