



Clarkston Medical Group Weight Management Program

Group Meeting Schedule

Wednesday Night 5:15-6:15pm

Wednesday Night 6:45-7:45pm

Topics

Winning at Weight Loss

Emotions and Eating

Stress Management

Cooking Better and Grocery Shopping

Making Exercise a Habit

Portion Distortion

Whole Grains and Fiber

Cholesterol, Fats and Lipids

Protein

Managing Hunger

Weight Loss and Nutrition Myths

Successful Weight Maintenance