The Weight Control Program

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Cognitive Behavioral Group Therapy Focused on Long Term Weight Management

The Weight Control Program can help you to make healthy and reasonable lifestyle changes so that your weight loss goals can be achieved.

The Weight Control Program is the only program in Vermont that uses a group approach facilitated by both a licensed clinical psychologist and a registered dietician, with consultation from an exercise physiologist. The professionals who work in this program all have years of experience working in the field of weight control and they effectively work together to provide a strong combined treatment approach to weight management.

The Weight Control Program is research supported and is based on the most up to date information currently available on the physiology of weight loss, the psychology of behavior change, and current nutritional recommendations. Not a traditional "diet," this program will help you to develop your own solutions for changing eating and activity habits. Realistic and sustainable behavior changes will allow you to successfully manage your weight long term.

This program is for people who are clinically overweight to any degree and are advised to lose weight to improve their health. You may also consider the program if you are regaining weight that you had previously lost.

New groups start every three to four months. As the groups tend to fill quickly, please apply now if you are interested. The program is 18 consecutive weeks. Free monthly follow-up meetings are available to graduates. Participation in these meetings is strongly encouraged, as ongoing accountability is an integral part of permanent weight control.

For more information about The Weight Control Program including program details, current schedule, application and cost information, please contact Dr. Elena Ramirez at 651-8999 x2, or by email at ***eramirez@therapyvermont.com***, or visit ***www.therapyvermont.com*.**

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