



GHS LoseWell Program

To lose weight and keep it off is life changing. You can do it!

Lose a Little, Gain a Lot

Losing weight can reverse or prevent diabetes, lower blood pressure and blood cholesterol, and decrease your risk of sudden death from heart attack or stroke. Losing just 10 percent of your body weight can have significant benefits.

You Don't Have to Go at It Alone

LoseWell, a medically based weight-management program offered by Greenville Health System (GHS), provides tools and support to help you achieve your weight goals. The 13-week program includes:

- Support from your own team: health coach, doctor/nurse practitioner and registered dietitian—all will work with you every step of the way
- Biometric screening at the start and end of the program to gauge success
- Weekly group meetings with your health coach and/or dietitian
- Weight-management support group meetings

Many sessions are offered throughout the year at GHS campuses. The cost is \$249/person or \$199 for two people who join together.

It's not about a certain weight—it's about a healthy weight for you.

For more information, call **(864) 522-3144**, email **losewell@ghs.org** or visit **ghs.org/losewell**.



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