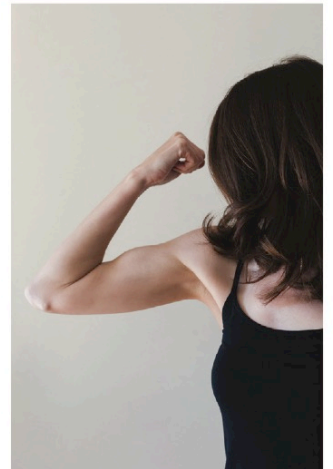
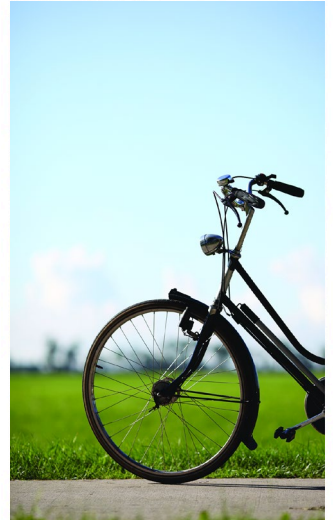




**North Canyon**  
MEDICAL CENTER



# Weight Loss through Healthy Lifestyle

**Classes start September 1<sup>st</sup> | 4:00pm | \$100 per person**

Weight Loss Through Healthy Lifestyle is a year-long program that gives you the tools and support needed to make healthy food choices and increase physical activity. Using effective methods, and led by a trained Lifestyle Coach, this class has been proven to help people lose weight and reduce their risk for Type II Diabetes.

The program includes 1 year of lifestyle training classes (26 in total).

Masks will be required, and social distancing protocols will be in place. Class size limited to 10.

**(208) 934-9886**