

The Right Weigh Program

The Right Weigh Program provides you with the education and support needed to be successful with achieving a healthy weight. The program is designed specifically for women, promoting sound nutrition, physical activity, and positive lifestyle behaviors needed for long term weight loss and improved overall health.

The program was developed by a registered dietitian and supplies you with a personalized meal plan along with individualized activity and behavioral goals.

You will attend eight, small group sessions over a twelve week period. Sessions will include individual weight checks followed by group discussions on topics including meal planning, getting active, and behavioral strategies that help you get on track and continue toward your goal. To address your individual needs, two 1:1 consultations (30 minutes each) are provided—one midway through the program and another at completion.

Classes are now forming for our Right Weigh Program

Next session: September to December; class starts September 22

Classes are held on Tuesdays, and meet once a week from 5:30 to 6:30 p.m. for the first four weeks. Group meetings will then meet every two weeks for the following two months.

Fee: \$185 for the entire program.

About the Instructor:

Anna Mazzei RD, CDE received her registration with the American Dietetic Association (ADA) after completing her internship at Mercy Hospital in San Diego. During her 23 years at Washington Hospital her focus has been outpatient counseling for diabetes and weight management. Because she is passionate and committed to helping people make changes for improved health and quality of life, Anna became a Certified Diabetes Educator and obtained a certificate in Adult Weight Management from the ADA. Over the years she has provided community education on a variety of health and nutrition related topics and can be seen on Washington Hospital's *In Health* on channel 78.



Location:

Washington Women's Center Conference Room
2500 Washington West (1st floor) Fremont, CA 94538

Please call Kathy Hesser, R.N., Women's Center Coordinator, (510) 608-1356 to register or to learn more about the program.

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