

Eat-Move-Lose

Group Weight Loss Program

Eat better, Move more, Lose weight!



Join us for a FREE Virtual Info Session
Tuesday, January 23, 6:30-7:30 p.m.

Join us via Zoom to learn about our motivating and supportive group program for people looking to focus on weight loss. The 12-week program includes group nutrition classes and workouts. Next session begins on January 30 (in-person at Galter LifeCenter) – we'd love to have you join us!

Register online at GalterLifeCenter.org or by calling **773-878-9936, ext. 5660**.
For more information contact **Amy Beck** at **773-878-9936, ext. 7318** or email at abeck@schosp.org

Join Today!



Eat-Move-Lose

Group Weight Loss Program

Eat better, Move more, Lose weight!



Join our motivating and supportive group program for people looking to focus on weight loss. During the 12-week program, you'll meet twice a week in-person for one-hour workouts with our Certified Personal Trainers Jandra Fraire, Jackie Gorospe and Nicole Sullivan. You will also meet once a week via Zoom with our Dietitian Kate Kinne for virtual nutrition office hours, and also receive a weekly nutrition lesson from Kate to view at your convenience. Come join the fun; you'll be in good hands!

Exercise Group:

Instructors: Jandra Fraire, Jackie Gorospe and Nicole Sullivan

Location: Studio 3

Time: Tuesdays and Thursdays, January 30-April 18 from 6:30-7:30 p.m.

Virtual Nutrition Class:

Instructor: Kate Kinne

Location: Zoom

Time: Mondays, February 5-April 15 from 7:30-8 p.m.

Fees: Member \$447; Nonmember \$525

JOIN US FOR A FREE INFO SESSION! SEE REVERSE SIDE FOR DETAILS

Register online at [Galter LifeCenter.org](http://GalterLifeCenter.org) or by calling **773-878-9936, ext. 5660.**

For more information contact **Amy Beck** at **773-878-9936, ext. 7318** or email at abeck@schosp.org

Join Today!

