

Ready To Lose?

The Doleys Clinic Wellness Series

Join Our Weight Loss Class!

- Six weekly group meetings
- This is a behavioral program that provides a diet plan and guidance on specific ways to make lifestyle changes to lose weight and maintain weight loss
- Led by an experienced Health Psychologist
- Meetings will be held at The Doleys Clinic Group Education Room at 2270 Valleydale Road in Birmingham.
- Cost for the entire 6-session workshop is \$150

Call: (205) 982-3596 ext 217 for more information and to sign up.



Instructor: Jeffrey Dolce, PhD

