



Weight Loss Sessions Offered by USF Health
\$30 per session

Exercise Safely

November 5, 2009

Session intended to educate on safe and effective exercise regimens for overweight patients.

John Hannon, Certified Personal Trainer

November 19, 2009

Medications Used for Weight Loss

December 3, 2009

What are they and how do they work? Are they safe? When can they be used?

Denise Edwards, M.D.

December 17, 2009

Don't Get Stuck in a Fad

January 7, 2010

Come and learn how to recognize fad diets. We will do a review of today's popular fad diets and teach you how to eat your way to a healthier you!

Jamie Chase, R.D.

January 21, 2010

Behavior Change Strategies That Work!

February 4, 2010

Come find out what medications are available for weight loss. Is there a magic pill that "melts away fat"? We will also review medical conditions associated with obesity and how they may be changed with weight loss.

Andrea Friedman, Ph.D.

February 18, 2010

Exercise Safely

March 4, 2010

Session intended to educate on safe and effective exercise regimens for overweight patients.

John Hannon, Certified Personal Trainer

March 18, 2010

Medical Complications of Having Excess Body Weight

April 1, 2010

Come and find out which medical problems can improve after weight loss- there might be more than you think.

Denise Edwards, M.D.

April 15, 2010

Don't Get Stuck in a Fad

May 6, 2010

Learn how to recognize fad diets. We will do a review of today's popular fad diets and teach you how to eat your way to a healthier you!

Jamie Chase, R.D.

May 20, 2010

Behavior Modification

June 3, 2010

Learn effective strategies to change your behavior and establish long-term healthy eating and lifestyle habits.

Perry Kaly, Ph.D.

June 17, 2010

Class sizes are limited. Please call 813-844-7473 to register. **Cost is \$30** per session. We accept cash, check or charge. All classes will be held at the USF Health South Tampa Center. **Classes begin promptly at 6pm.** Please plan to arrive 15 minutes early for check-in. All attendees will be weighed in order to comply with insurance requirements for pre-operative weight loss. Documentation will be maintained by our office. Group facilitators are subject to change.