

MEDICAL WEIGHT MANAGEMENT PROGRAM

DEC 2018

4&6

StepLiteSM/Living IT: Nutrition
New Beginning/My Journey: Behavior

11&13

StepLiteSM/Living IT: Exercise
New Beginning/My Journey: **CLINICIAN WEEK**

18&20

StepLiteSM/Living IT: Behavior
New Beginning/My Journey: Nutrition

25

Closed for Christmas Holiday

27

StepLiteSM/Living IT/New Beginning/My Journey
OPEN CLINIC 10:30 am–1:30 pm

FOCUS: Habits for Long Term Success

Tuesday Noon Clinics

StepLiteSM/ LIT

Clinic 11:00 – 11:30 am
Group: 11:30 – 12:00 pm

New Beginning/My Journey

Clinic 11:30 – 12:00 pm
Group: 12:00 – 12:30 pm
Clinic: 12:30 – 1:00 pm

Tuesday Evening Clinics

New Beginning/My Journey

Clinic: 5:00 – 5:30 pm
Group: 5:30 – 6:00 pm
Clinic: 6:00 – 6:30 pm

StepLiteSM/ LIT

***Group: 5:00 – 5:30 pm**

Clinic: 5:30 – 6:00pm

***Note Group first**

Thursday Noon Clinics

StepLiteSM/ LIT

Clinic 11:30 – 12:00 am
Group: 12:00 – 12:30 pm

New Beginning/My Journey

Clinic 12:00–12:30 pm
Group: 12:30 – 1:00 pm

THE WOODLANDS

Weight Management Center

17183 Interstate 45 South
MOB1, suite 490
The Woodlands, TX 77385

Valletta Wright-McGautha
Front Desk: 936-270-3701

Nurse: **Lekesha Semien—Williams, LVN**

Physician

Peter Jones, MD

Mental Health Professionals

Kate Guggenheim LCSW
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Dietitians

Pam Nguyen, RD, LD
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Jeanne Singer, MS, RD, LD, CDE
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Leslie Ramirez MS, RD, LD, CDE
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Exercise Physiologist

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HOUSTON
MethodistSM
WILLOWBROOK HOSPITAL