

MEDICAL WEIGHT MANAGEMENT PROGRAM

December 2018

4-5

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

11-12

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

18-19

StepLiteSM/Living IT: Exercise
New Beginning/My Journey: Clinician Week

25

CLINIC CLOSED for Christmas

26

OPEN CLINIC 12-2pm

FOCUS: Habits For Long Term Health

Tuesday Noon

StepLiteSM/LIT

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

New Beginning/My Journey

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

Tuesday Evening Clinics

StepLiteSM/LIT

Clinic: 4:30-5 :00pm
Group: 5:00-5:30 pm

New Beginning/My Journey

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

Wednesday Evening Clinic

New Beginning/My Journey

Clinic: 4:30-5:00pm
Group: 5:00-5:30 pm
Clinic: 5:30-6:00 pm

WEST HOUSTON

Weight Management Center

18300 Katy Frwy.

Medical Bldg. #2, Suite 255/265

Katy, TX 77094

houstonmethodist.org/weight-loss

Front Desk: 832.522.8266

Nurses

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Dietitians

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