

WEIGHT MANAGEMENT STEP LITE/LIVING IT

December 2018

6 Step Lite: Behavior

13 Step Lite: Nutrition

20 Step Lite: Exercise

27 Step Lite: Nutrition

Step Lite

Thursday AM
Clinic 11:30-12:00
Group 12:00-12:30

Thursday PM
Clinic 4:30-5:00
Group 5:00-5:30

Houston Methodist Baytown

Weight Management Center
4201 Garth Road, Suite #303
Houston, Texas 77521
281.420.8525
houstonmethodist.org/weight-loss

Dietitians

Sherry Pritchard, RD, LD
smpritchard@houstonmethodist.org

Exercise Physiologist

JJ Rodriguez, CEP, C-PT
Jlrodriguez2@houstonmethodist.org