

MEDICAL WEIGHT MANAGEMENT PROGRAM

December 2018

5 New Beginning:/My Journey : Nutrition
Living IT/StepLite: Behavior

12 New Beginning:/ My Journey: Behavior
Living IT/StepLite: Nutrition

19 New Beginning:/My Journey: Nutrition
Living IT/StepLite: Behavior

26 **Open Clinic from 11-2pm only**
Clinician week rescheduled for Jan 2nd

The New Beginning of My Journey to Living IT

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Wednesday Noon Clinic

Living IT/StepLite
Group: 12:00-12:30pm
Clinic: 12:30-1:00pm

New Beginning/My Journey
Clinic: 12:00-12:30pm
Group: 12:30-1:00pm
Clinic: 1:00-1:30pm

Wednesday Evening Clinic

Living IT/StepLite
Group: 5:00-5:30pm
Clinic: 5:30-6:00pm

New Beginning/My Journey
Clinic: 5:00-5:30pm
Group: 5:30-6:00pm
Clinic 6:00-6:30pm

SUGAR LAND

16651 Southwest Fwy
Medical Bldg 1 , Suite 450
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281-276-8552

Nurse:

Julie Ondrey, RN, BSN
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Exercise Physiologist:

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Mental Health Professional:

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Dietitian:

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Office Coordinator:

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Medical Center
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