

REAL Food Weight Management Group

Weight loss is more than the food we eat and the amount of exercise we do. These are important factors when it comes to losing weight, but as anyone who struggles with weight issues knows, there is more going on behind the scene.

If you're ready for some REAL food; something that will fill you up and decrease compulsive eating habits that only temporarily feed you, this group may meet your needs.

We will be using a version of the 12-steps and anchor our new healthy behaviors using scripture. Our maker has original blueprints for our lives. If you believe his blueprint is for you to reach your potential in all you do, then by extension, that means your health too. A healthy body, mind and spirit. Goals worth pursuing.

We're not perfect (Thank God), but together we can lighten each other's load and bring weight loss within our reach.

Call for more information: 715-266-2444.