

## Nothing else worked

"The staff at Weight Management Medical Center is the best at bringing real life to the weight loss battle! Nothing else has ever worked for me."

- Linda P.

"With their program, I was never hungry and had much more energy than I ever had. I was surprised at my weight loss given the few months I was in the program. The classes each week were a huge help in understanding that I am accountable for what I eat and when I eat. Planning food and combining this with exercise helped me understand the correlation between calories in, calories out and the importance of thinking about my day ahead of time. This helped me so and continues to help me stay focused and on track. I finished the program 18 months ago; I'm maintaining my weight and feel better than ever!"

- Linda P.