



Thank you for inquiring about the Solutions Weight Management Program.

The Solutions Weight Management Program is committed to providing you with weight management solutions for everyday living. Our focus is simple – healthy eating, physical activity and behaviour change. The Solutions Program WILL make a difference to your lifestyle.

The Solutions Program is based on a small group size of twenty participants facilitated by a Registered Dietitian and Kinesiologist. Individual and group nutrition counseling, physical activity and behaviour change are all important parts of the program. Your family physician will also receive regular updates of your progress.

A monthly support group is available at the completion of the program.

**Please complete and return the following:**

1. Completed Screening Sheet.
2. Physician notification letter.
3. Cheque or credit card payable to the program in the amount of \$389.00.  
\*Please note there will be no refunds due to limited space. Commitment is required.
4. Please indicate which session you prefer Monday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Either \_\_\_\_\_

Once the above forms and payment have been received you will receive a phone call confirming your registration. A registration acknowledgement letter will also be sent to you.

Thank-you,

Patricia Wright, H.B.Sc.R.D.  
Program Coordinator

Please return all forms to:

**Solutions Weight Management Program**  
 St. Mary's General Hospital  
 911 Queen's Blvd  
 Kitchener, Ontario N2M 1B2  
 Attention: Clinical Nutrition-Room 462  
 (519) 749-6578 Ext. 1204