

ARE YOU READY TO...

# SCALE DOWN

## A JOURNEY TO HEALTH

Discover a leaner you and change the way you think about weight loss forever with Scale Down. Our 14-week, comprehensive fast-track program, designed for men and women with at least 20 pounds to lose, will speed you towards a healthy weight-loss goal.

### Our program provides:

- A year of follow-up at program completion
- Nutritious shakes that serve as meal replacements along with a self-prepared calorie-controlled meal each day
- A comprehensive health profile to set your personal weight-loss goals
- Educational sessions led by dietitians, exercise specialists and behavioral health professionals

If you are interested in making a commitment to your good health and improved quality of life, take the first step by joining Scale Down today.



**TORRANCE MEMORIAL**  
**MEDICAL CENTER**



Free Information Sessions:  
January 10, 2012  
at 4 p.m. or 6 p.m.



Program begins  
January 17, 2012.

To register for the  
program, please call:  
310-517-4711

3330 Lomita Blvd.,  
Torrance, CA 90505  
Email: [ScaleDown@TMMC.com](mailto:ScaleDown@TMMC.com)