

one

Personal Weight Loss Program

one day at a time.

one pound at a time.

one-on-one

one new You.

one is an individualized, comprehensive medically sound, real life solution to weight loss. **one's** team of experts fully evaluate your unique needs, provide support, plan for your success, and help you make permanent lifestyle changes. **one** begins with a clinical assessment of your weight history, biometrics, eating patterns, lifestyle factors, and health issues that influence your weight. **one** experts will build an individualized nutrition and exercise plan with your goals in mind aimed at longterm success.

Initial Package

Includes a one-on-one meeting with a Registered Dietitian and a Registered Nurse for ninety minutes.

Followed by 2 one-hour visits.

Cost: \$219

Follow-up packages

Choose from two packages for continued support, accountability and to modify your plan as needed.

Package 1 ~Three 1 hour monthly visits. **Cost:** \$149

Package 2 ~ Six 1 hour monthly visits. **Cost:** \$249

Make it count...starting with **one**.

Call (603) 230-7300 for more information.



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www.concordhospital.org