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Oct. 1, 2009

Lose weight and get in shape with “Healthy Weighs”

Kootenai Health program shows you how

So you want to lose weight. Get in shape. And feel great. But where to start?

Get on board with “**Healthy Weighs**,” a once-a-week, eight-session program created and led by a **Kootenai Health dietician**. Meetings are open to the public and will run from **5:30 – 6:30 p.m. Tuesdays** starting **Oct. 20 through Dec. 15** in the **Kootenai Medical Center classrooms**, adjoining the first-floor cafeteria. Cost is **\$125**.

Try it out for size without obligations. Just drop in on the **first session**, which is **free**.

Dietician Jennifer Ramsrud with Kootenai’s Clinical Nutrition department will teach you what it takes to safely lose and maintain body weight, increase your energy level and burn calories through easy-to-do movements.

You’ll also learn to make healthy choices from restaurant menus, recognize food and mood triggers, make better choices in the grocery store, modify recipes and find sure-fire ways to get fit.

For more information and registration, call **(208) 666-3486** or e-mail kmcdiet@kmc.org.

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Calendar listing version

“**Healthy Ways**” – 5:30 – 6:30 p.m. Tuesdays from Oct. 20 – Dec. 15, Kootenai Medical Center Classrooms in Coeur d’Alene. Cost is \$125. First class **free**. Lose weight, boost your energy level and get fit. Register at kmcdiet@kmc.org or call (208) 666-3486.

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