

Family Practice Group Wellness Group Visits

Weight Management and Lifestyle Change

Family Practice Group in Arlington is pleased to offer Wellness Group Visits to our patients for Weight Management and Lifestyle Change.

Dr. Wayne Altman and Kerri Hawkins (dietitian and certified personal trainer) work with you in a small group setting (10-15 people) to help you create a balanced, healthy lifestyle that is sustainable through support, education, accountability, personalized tools and resources.

We have completed numerous groups and they have lost over 2000 pounds... more than a TON of weight! Our groups have created a network of support to keep the weight off and help maintain their healthy habits. Most people who have completed the group have kept the weight off or continue losing.

What: 15 Tuesday evening sessions over 20 weeks.

Time: 6:00-7:30 PM (early group) or 7:30-9:00 PM (late group)

Where: Family Practice Group (11 Water Street Suite 1A Arlington, MA)

Cost: One-time Group fee of \$175.00 plus 15 copayments paid upfront

Once your 15 sessions with us are completed, you are not on your own. We offer ongoing support through follow up visits and our Advanced Wellness Group.

If you are interested in the next session, please fill out the form below and ask your provider to deliver this to Dr. Wayne Altman or Kerri Hawkins. You will be contacted several weeks prior to the start of the group.

Visit our webpage: www.fpgcares.com & Like us on Facebook!



Wellness Group Visits:

Next Start Date: 1/28/2014

Name: _____

DOB: _____

Phone Number: _____

Email: _____