

OPTIFAST®
The serious solution for weight loss™



A NEW path to better health

WHAT MAKES THE
OPTIFAST® PROGRAM
UNIQUE?

It's effective.

Average weight loss is 52 pounds and 75 percent of patients maintain this weight loss after two years.

It treats the whole you, not just your weight by combining lifestyle education, medical management and food.

You're not alone.

You will receive individual and group counseling by experts who understand your challenges.

Southcoast Hospitals is now offering a new weight loss program at our Tobey site in Wareham. It's a different and proven way to lose and maintain weight loss — **OPTIFAST®**

Thursday, December 3
3:30 p.m.

Tuesday, December 15
4:30 p.m.

Alden Besse House
112 Main Street, Wareham
(next to Tobey Hospital)

Learn more about how to enroll by calling our Southcoast Wellness Line at **1-800-497-1727**. Our trained dietitians will contact you and help you determine if **OPTIFAST®** is the right choice.

OPTIFAST® at Tobey Hospital
1-800-497-1727



SOUTHCOAST
HOSPITALS GROUP
Charlton ■ St. Luke's ■ Tobey
www.southcoast.org