



Achieve Lasting Weight Loss! SLIM Premier Program

2020 Sessions

Wednesdays 5:00 - 6:15pm

January 22 - April 8

April 15 - July 1

July 15 - September 30

October 7 - December 30

Thursdays 9:15 - 10:30am

January 16 - April 2

April 23 - July 23

July 30 - October 15

October 22 - Feb. 4, 2021

Enroll in our next session!

Space is limited.

Please contact our Dietitian:

Christi Coy, MS, RDN, CSOWM

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Self-achieved Lifestyle Improvement and Management (SLIM)

SLIM is a 12-week, medically-supervised program which utilizes a comprehensive approach to promote positive lifestyle changes and improve long-term physical and mental health and overall wellness. Weight management is the ultimate desired goal of the participants.

The SLIM Premier Program offers:

- * Tools to achieve safe and effective weight loss
- * Workshops that teach and encourage permanent lifestyle changes
- * Individualized, easy-to-follow meal plans designed by a registered dietitian
- * Physician supervision
- * Success through continuous instruction, guidance and support

Long-Term Goals:

- * To sustain a fresh and healthier lifestyle
- * To reduce the risk of chronic diseases
- * To regain self-confidence
- * To develop a healthier relationship with food and your body

Christi Coy, MS, RDN, CSOWM, NASM-CPT, FAND
Certified Specialist in Obesity and Weight Management
Mission Heritage Medical Group, Weight Management Division

MHMGS LIM.com

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