

# Medical Weight Management Program

March 2010

**Memorial Drive**  
 Connection Center  
 United Methodist Church  
 13194 Memorial Dr.  
 Houston, Texas 77079



**Monday MORNING**

New Beginning & My Journey

*Early Bird CLINIC*  
 8:30-9:00am

*GROUP*  
 9:00-9:45am

*Late CLINIC*  
 9-15-10:30am

**\*\*\*Living I.T.\*\*\***

Clinic/Weigh-in: 10:30-11:00 am  
 Group 11:00-12:00pm

Methodist Weight Management Ctr  
 6501 Fannin Street, NB1-001  
 Houston, Texas 77030  
[methodistweightmanagement.com](http://methodistweightmanagement.com)

Monday	Tues	Wed	Thur
1. <i>New Beginnings/My Journey: What Moves You?</i> <i>Living It: Label Reading</i>			
8. <i>New Beginnings/My Journey: Who's In Charge?</i> <i>Living It: Who's In Charge?</i>			
15. <i>New Beginnings/My Journey: Energy Balance</i> <i>Living It: Cooking Class</i>			
22. <i>New Beginnings/My Journey: Clinician Week (No Class)</i> <i>Living It: Self Assessment (No Class)</i>			
29. <i>New Beginnings/My Journey: Ketosis</i> <i>Living It: Ask The Expert</i>			

## The New Beginning of My Journey to Living IT

Weight Management Receptionist  
 Diana Fruge: 713-441-4984

Nurse: Trisha Wilson, LVN  
 pwilson@tmhs.org

713-441-4091

Professional Counselor: Stefanie Barthmare M.Ed., LPC  
 sbarthmare@tmhs.org

713-441-4944

Dietitian: Gaye Lynn Hicks RD, LD  
 GLHicks@tmhs.org

713-441-4528

Dietitian: Kimberly Bouquet RD,LD  
 kabouquet@tmhs.org

713-441-4424

Billing: Customer Service

832-667-5900