

# Medical Weight Management Program

**SUGARLAND**  
 16655 Southwest Frwy  
 Sugar Land, TX 77479



## Tuesday EVENING

### New Beginning

CLINIC: 5:00-5:45 pm  
 GROUP: 6:00-6:45 pm

### My Journey

CLINIC: 5:00-5:45 pm  
 GROUP: 6:00-6:45pm

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

CLINIC: 6:30-7:00 pm  
 Weigh in only: 6:45-7:00 pm  
 GROUP: 7:00-7:45 pm

## Thursday EVENING

### New Beginning

CLINIC: 5:00-5:45 pm  
 GROUP: 6:00-6:45 pm

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

# March 2010

Tuesday	Wed	Thursday
2. <i>New Beginnings/My Journey: Body Image</i> <i>Living It: MarketAbility/Labels</i>		4. <i>New Beginnings/My Journey: Body Image</i>
9. <i>New Beginnings/My Journey: What Moves You?</i> <i>Living It: Self Assessment (No Class)</i>		11. <i>New Beginnings/My Journey: What Moves You?</i>
16. <i>New Beginnings/My Journey: Clinician Week (No Class)</i> <i>Living It: Behavior Support Group</i>		18. <i>New Beginnings/My Journey: Clinician Week (No Class)</i>
23. <i>New Beginnings/My Journey: Energy Balance</i> <i>Living It: Hot Topics</i>		25. <i>New Beginnings/My Journey: Energy Balance</i>
30. <i>New Beginnings/My Journey: Menu Planning</i> <i>Living It: Fruit Veggie Recipe</i>		

## *The New Beginning of My Journey to Living IT*

Weight Management Receptionist  
 Diana: 713-441-4984

Professional Counselor: Andy Powell M.Ed., LPC adpowell@tmhs.org	713-441-4470
Dietitian: Gaye Lynn Hicks RD, LD glhicks@tmhs.org	713-441-4528
Dietitian: Judy Bradicich, MS, RD, LD jmbradicich@tmhs.org	713-441-5637