



SCIENTIFIC • CUSTOMIZED • WEIGHTLOSS

Have you heard about the Colorado Weigh[®] program?
Not sure if it is right for you? Then come to our...

Colorado Weigh Introductory Class!

**FEATURED GUEST: SUCCESSFUL CW GRADUATE AND DENVER POST
REPORTER LAURA WATT**

Learn about the Program and the benefits of losing weight, successful long-term weight management, and healthier lifestyle!

Colorado Weigh is a research-based weight management program developed by the doctors and researchers at the Center for Human Nutrition at the University Of Colorado Health Sciences Center. This highly-regarded program is considered by some experts to be the best weight management program on the market.

This one-hour introductory class is designed to give you the information you need to decide if Colorado Weigh is right for you, and it covers the following topics:

- How is Colorado Weigh unique among weight loss programs?
- What are the long-term benefits of healthy weight loss and maintenance for me?
- How is this program individualized to meet my dietary needs?
- Why is physical activity an important part of the program, and important for me?
- What will I need to do in order to be successful at losing weight?
- What tools and materials will I get in this program?
- What are the topics covered and class curriculum of the program?

Where: At the University of Colorado Health Sciences Center, North Pavilion Building, 4455 E. 12th Ave, Denver, 80220

When: Tuesday, January 11th, 6-7 p.m.

Cost: \$20 at the door, by cash or check only, please. This \$20 introductory cost will be applied toward your full Colorado Weigh registration fee, should you decide to register for our 12-week program. **Please note:** You will not be charged when you register online. You must bring \$20, cash or check only, to the Introductory Class.

To Register: Call us at 303-892-0128, or visit our website at www.coloradoweigh.com