



# HOPE

Helping Our Patients Engage  
In Weight Management



## **WHAT'S THE HEALTHY RECIPE FOR SUCCESSFUL WEIGHT LOSS YOU CAN MAINTAIN LONG-TERM?**

1 cup of realistic goals

1/2 cup of food and activity tracking

2 cups of compassion for slip-ups

1 cup of rewards for successes

A dash of practical tips and emotional support from the HOPE  
healthy lifestyle team

Mix all ingredients and stir over medium heat for one year. Serves  
you- and your family!

HOPE involves weekly to monthly visits with a  
professional using a proven weight loss program.  
Ask a member of our team for more information!