

WHY WAIT

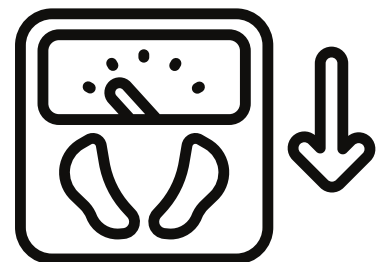
Weight Achievement & Intensive Treatment

12 Week Hybrid Weight Management Program

Type 1 or Type 2 Diabetes

Group Sessions Every Wednesday Evening

- Medication Adjustment
- Modified Meal Plan
- Individualized Exercise Regimen
- Cognitive Behavioral Support
- Adult Diabetes Group Education Sessions



Average Weight Loss Among Why WAIT Participants

23.8 lbs

Average Decrease Of A1C% Among Why WAIT Participants

1.0%

Contact Joan Beaton
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*\$250.00 Admin Fee

*Mass Health Is Not Accepted At This Time

*Candidates Must Reside In Massachusetts