



**A First Step Offering**

**SHAPE YOUR**

**BODY**

**A Comprehensive 12 Week  
WEIGHT LOSS PROGRAM**

**STARTING ON WEDNESDAY, JUNE, 05, 2024 2-5 PM**  
**EVERY FIRST AND FOURTH WEDNESDAYS OF THE MONTH UNTIL DECEMBER**

**TOPICS INCLUDE**

- Prevalence Screening and Evaluation
- Health Consequences
- Dietary Therapy
- Physical Activity and Exercise
- Behavioral Therapy
- Drug Therapy
- Bariatric Procedures for Management of Severe Obesity

BUILDING C AT SAN GORGONIO MEMORIAL HOSPITAL,  
600 NORTH HIGHLAND SPRINGS AVE., BANNING, CA 92220.

**DR. MOSES  
CLINIC**

📞 1(951)845-2342

**CALL  
TO REGISTER**

Remember, "A journey of a thousand miles begins with the first step." - A Chinese Proverb