

THIS YEAR, DON'T GAIN WEIGHT. GAIN CONTROL.

Every year we make New Year's resolutions. But some of them aren't new at all. They were on last year's list, too. Especially the ones about losing weight. Now it's become a serious problem.

That's why you should make a resolution to call NEW DIRECTION*, the weight control program that helps you lose weight fast and teaches you how to keep it in control.

Our NEW DIRECTION doctor will help you lose weight safely,* while our dietitian and behavioral counselor teach you to reshape your eating habits and lifestyle to help you manage your weight. You'll also become part of a support group made up of people like yourself who strengthen and encourage one another throughout the process.

If you need to lose 40 pounds or more, call today. And you can take one resolution off your list.

new
direction.
weight control system

* Physician monitoring is required to minimize the potential for health risks.

**NEW DIRECTION AT PROVIDENCE PARK
GRAND RIVER & BECK RD. 347-4322**