



WEIGH LESS FOR LIFE

This year, make your weight-loss
resolution long-term.

Kelsey-Seybold Clinic is now offering weekly group classes on nutrition and exercise habits designed to support a healthy lifestyle and long-term success for weight loss. Taught by a Registered Dietitian, attendees will be inspired through life-changing habits, weekly accountability and weight checks. Attendees will also participate in support groups and get take-home summaries, food plans and exercise-tracking tools. Start your New Year with a long-term outlook on weight loss and join today.

Long-Term Weight Loss Classes by Kelsey-Seybold

Just \$15 each

Or save \$10 when you buy 4 for \$50



**Kelsey
Seybold
Clinic**

Your Doctors for Life

Every Wednesday • Noon to 1 p.m.

Kelsey-Seybold Clinic – Main Campus
2727 West Holcombe Blvd.

Participants to meet on the 2nd Floor in
Waiting Area “B”

Call to enroll. 713-442-0000

kelsey-seybold.com