

BARIATRIC BACK-ON-TRACK

# EATING REBOOT



 **McLaren**

NORTHERN MICHIGAN

## **THE JOHN AND MARNIE DEMMER WELLNESS PAVILION**

820 Arlington Ave, Petoskey, MI 49770  
*Ground Floor Conference Room*

The Bariatric “Back-on-Track” program helps you “reset” and change course back to a more healthful path by addressing issues that may have led to weight regain or plateau after weight loss surgery. Remember that weight loss is a journey, not a destination, and sometimes we get off course. The “Back-on-Track” program is designed to give you the tools to get back on the path to good health and permanent weight loss.

To sign-up and learn more about fighting back against weight gain after weight loss surgery, call **(231) 487-5512**.

### **2024 SCHEDULE REOCCURRING MONTHLY CLASSES 4-5:30 PM**

May 22, June 26, July 24, Aug. 28,  
Sept. 25, Oct. 30, Nov. 20, Dec. 18

#### **FOR MORE INFORMATION**

### **Northern Bariatrics Weight Loss Surgery**

[mclaren.org/NorthernBariatrics](https://mclaren.org/NorthernBariatrics)

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