The University of South Florida's Weight Management Group will be offering an 8-week Weight Management Program with 3 bi-weekly booster sessions beginning September 30th, 2014.

This program will focus on LIFESTYLE changes that promote weight loss by reducing calorie-intake and increasing physical activity. Each session is designed to teach psychological skills to help modify behavior that undermines weight loss. The program will focus on developing cognitive skills to help you THINK DIFFERENTLY about food, physical activity, and weight loss and STAY MOTIVATED. Additionally, there is a SOCIAL SUPPORT component to keep each other motivated.

The program will include an educational component, followed by group discussion that will focus on applying the information learned to one’s daily life. The sessions will be conducted in small groups on Tuesday evenings from 5:00 to 7:00 pm.

The total cost for the 8-week program is $150, which is due at the first meeting. The workshop fee includes eight 2-hour sessions, three booster sessions, a notebook, and a weight management manual that will be used throughout the program.

To register, or for more information, please contact the USF Psychological Services Center at (813) 974-2496. Space is limited, so don’t delay!