

# LOSING WEIGHT IS HARD.

The HMR program can make it easy.

Concerned about his health and controlling his diabetes, Art vowed to lose the weight and keep it off.

"I felt the HMR program was very easy to stick with. There are plenty of food options to choose from. It's worth it. If you're motivated to do this, the HMR program is a great way to do it."

Attend a FREE information session to get started.  
Wednesdays, noon-1 p.m. | Thursdays, 4-5 p.m.

Call 309-661-5151 today to get started !

**OSF Weight Management**  
in the Center for Healthy Lifestyles  
2200 E Washington St.  
Bloomington, IL 61701

ART	BEFORE HMR	AFTER HMR
Weight	279	179
Exercise	None	Daily walking, some weightlifting
Insulin intake	90 units/daily	0

*"My doctor recommended I try the HMR program because my blood sugar was so high. He said it's a hard fight but it's one worth doing."*

*— Art S. lost 100 pounds using the HMR program*



**OSF**  
HEALTHCARE