



NEW Weight-Loss Program for Duke Employees

For the first time ever, **Duke Diet & Fitness Center**—a world-class weight-loss program—is offering a special four-week program to Duke employees. Learn habits that will guide you through the holidays so that you can be ahead of your New Year's goals for reducing weight and improving fitness.

EACH WEEK, THE PROGRAM WILL INCLUDE

- 10 delicious, healthy meals
- 5 after-work exercise sessions (gym and/or indoor heated pool)
- 5 seminars on weight control and fitness

Program runs **October 26 – November 21**. Cost: **\$700**. Receive a **20 percent discount** if you join with a co-worker or family member.

Offer is limited to Private Diagnostic Clinic, Duke University and Duke University Health System faculty and staff, retirees and their spouses or same-sex partners, and dependents over age 16.

Discover if our program is right for you. Attend an information session! Speak with our experts and tour our newly renovated facility. Light refreshments will be provided.

FREE INFORMATION SESSIONS

5:30 - 6:30 p.m. on **Tuesday, October 13**, or **Thursday, October 22**

Space is limited. Registration is required.
Call **1-888-ASK-DUKE** to register.

LOCATION

Duke Diet & Fitness Center
501 Douglas Street
Durham, NC 27705
(former site of Metroport Athletic Center)

To enroll now, contact Kay Glisson, RN,
at kay.glisson@duke.edu or 919-684-9870.