

January 2011

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New Year, New You: Weight Management

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New Year, New You!

Weight Management Program* and Meal Replacements



2011 is finally here and we are once again faced with new years resolutions. If you are serious about weight loss, see our team of wellness specialists and let them personally design your weight loss plan and work with you to meet your goals.

Your team of wellness specialists:

Dr. Jillan Rowbotham, Internist & Program Director

Jacqueline Wojciechowski, RD Nutritionist

Dr. Joanne Perilstein, PhD Psychologist

Eve Gordon & Shannon Feck, Personal Trainers

To personalize our program for our patients, we now offer *two* program options to choose from:

Option #1 : Significant Weight Loss and Meal Replacements

This medically managed meal replacement program is designed for significant weight loss. The program is made up of 3 phases; *Weight Loss*, *Transition* and *Maintenance*. To learn about Option 1, click [here](#).

Option #2 : Moderate Weight Loss without Meal Replacements

This program is designed for patients seeking moderate weight loss through a medically managed weight loss program without the use of meal replacements. This program incorporates a weight loss phase and a maintenance phase. To learn about Option 2, click [here](#).

Meal Replacements: We now offer our patients meal replacements such as: pancakes, shakes, snack bars, soups and desserts in all different flavors!

To learn more about our Weight Management program click [here](#).



To speak to one of our client service managers about the program, please call 215-735-7992 ext. '0'.

*A portion of this program may be covered by your insurance plan.

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Rittenhouse Women's Wellness Center and DermaCenter have their own Facebook and Twitter pages. These websites will help keep everyone up-to-date on upcoming events, specials that are only offered through these sites, blogs and more!

- To become a fan of Rittenhouse Women's Wellness Center on facebook, click [facebook fan page](#).
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- To become a fan of DermaCenter Medical Spa on facebook, click [facebook fan page](#).
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