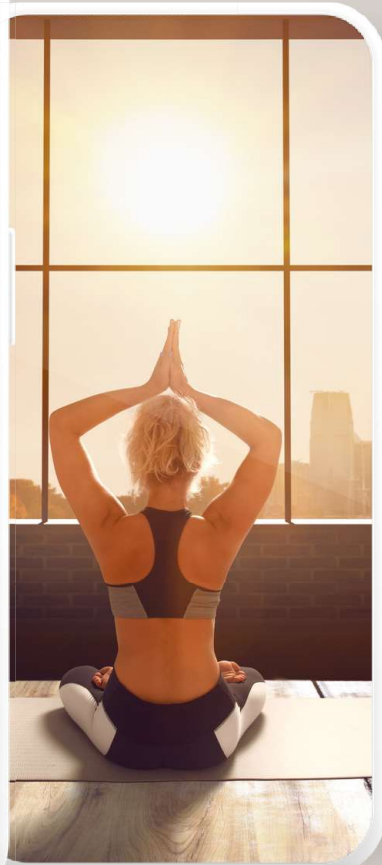


LIFESTYLE MEDICINE

GLP-1

A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.





Session 2:

Moving Toward A Healthy You

Fill in the blank:

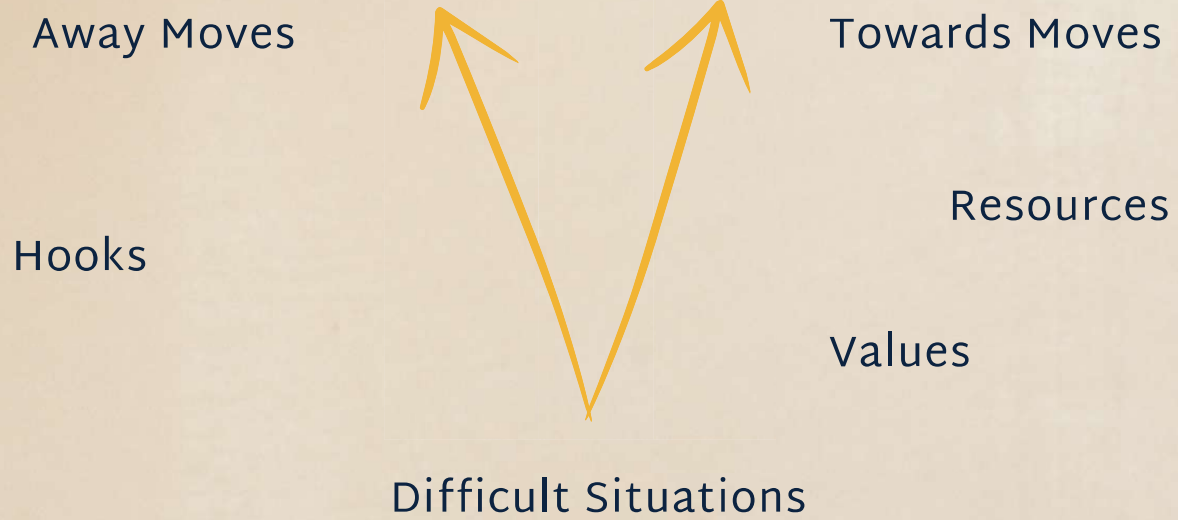
Our relationship with food is: _____

It's a matter of better understanding: _____

Revisit group norms like: _____

Check-in questions: _____

The Choice Point



Practical Skills to Interrupt Reward Driven Eating



URGE SURFING



GIVE IT 10



NAME IT TO TAME IT