

Sutter Downtown Integrative Medicine presents...

Healthy Choices, Healthy Lives

A Comprehensive Approach to Weight Management

Presented by Dr. Judge and Dr. Barish-Wreden

1020 29th Street, Suite 620
Sacramento



Do you have chronic weight issues or any other medical condition affected by obesity, such as diabetes, arthritis, hypertension, or high cholesterol? Join Dr. Maxine Barish-Wreden and Dr. Kay Judge in a four-week program focused on an integrative approach to lifestyle changes to enhance your health and fitness.

- The course consists of four weekly visits, starting the first week of each month.
- Visits will be led by Dr. Judge and/or Dr. Barish-Wreden and guided by a behaviorist.
- Physicians will discuss topics on diet and nutrition, the role of stress in obesity, the creation of an individualized exercise program, and behavior modification.
- Each group consists of 12-15 patients.
- Standard co-pay charges apply, and an additional \$25 course materials fee will be due on the first visit (cash payment is requested for the materials fee).
- Reservations are required.

For more information, please contact our office at **733-8713**, or go to our website at sutterintegrativehealth.org (click on “**Sacramento**”, and then click on “**Programs**”).

Empower yourself to create lasting health and well-being!