



2010 Intensive Weight-Loss Program for Duke Employees

September 13–October 9

Back by popular demand: Duke Diet & Fitness Center—a world-class weight-loss center—is offering a special four-week program to Duke employees. Get a jump on autumn by reducing your weight and improving your fitness.

THE FOUR-WEEK PROGRAM INCLUDES

- **40** delicious, healthful meals
(10 meals each week)
- **20** after-work exercise sessions
(gym and/or indoor heated pool)
- **20** seminars on weight control and fitness

Cost: \$600* *(3-month payment plan available)*

*Beginning January 2011, the new rate will be \$650
Offer is limited to Private Diagnostic Clinic, Duke University, and Duke University Health System faculty, staff, and retirees, and their spouses, same-sex partners, and dependents over age 16.

For questions or to enroll today, contact
Dina Lumia, Client Relations, at dina.lumia@duke.edu
or **919-684-9746**.

LOCATION

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

DISCOVER IF OUR PROGRAM IS RIGHT FOR YOU

Join us for a free information session, speak with our experts, and tour our newly renovated facility.

Tuesday, August 31
Thursday, September 9
5:30–6:30 p.m.

Call **888-ASK-DUKE** to register.
Space is limited. Registration is required.
Light refreshments will be provided.

Duke Diet & Fitness Center