

The LEARN Program For Weight Management



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The LEARN Program is the most scientifically sound, safe and effective weight management program available today. Different from any other program available today, it teaches important skills necessary to live and maintain a healthy body weight in today's "toxic" environment of high-fat, high-calorie foods and numerous labor-saving devices.

The LEARN Program teaches people how to become students of their unique habits. LEARN participants learn when, how and why their habits occur, and more importantly, how to incorporate healthier behaviors into their daily lifestyle.

The LEARN Program teaches key weight management principles and helps program participants develop individualized techniques for applying these principles to their daily lives. More than 200 specific lifestyle change techniques are discussed throughout 320 pages of text. The program's focus on permanent results is what separates it from all other weight management programs.

The program is titled "LEARN" for two reasons. First, learning implies an educational process in which the person masters crucial information and applies it to everyday life. Secondly, the word LEARN is formed from the first letter of the five components of this program: Lifestyle, Exercise, Attitudes, Relationships and Nutrition.



Key topics

- Coping with lapse and preventing relapse
- Creative ways to stay motivated
- Dealing with pressures to eat
- Family and relationships
- Guidelines for setting reasonable weight loss goals
- Helpful tips for eating away from home
- How attitude can affect weight loss
- How to use the food guide pyramid
- Information about body image and weight maintenance
- Multiple weight change records to track progress
- New information on exercise and physical activity
- Quality of life self-assessments



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LEARN Program

The latest edition of the Learn Program begins with an introduction and orientation lesson, followed by 12 weekly lessons and a commencement lesson. It also includes a master list of various lifestyle techniques, personal charts and forms, a fast food guide, calorie guide, a Weight Loss Readiness Test, and a comprehensive index.

The LEARN program was developed by Kelly D. Brownwell, Ph.D.

For More Information

For more information about the LEARN Program for Weight Management, please call:

- 434.237.8163 or 434.239.WELL (9355)
or e-mail rebecah.hunt@CentraHealth.com

Please leave your name and a daytime phone number, and we will contact you.



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Locations For LEARN Program

- Jamerson Family YMCA
- Bedford/Moneta
- Altavista/Gretna

CentraHealth.com