



get fit.
stay fit.

Healthy Balance Weight Management Clinic

- Individualized, exercise-based weight loss
- On-site exercise classes in a comfortable environment at Santa Barbara and Goleta Valley campuses
- Comprehensive fitness and lifestyle assessment
- BodyGem calorimeter to monitor metabolism
- Personalized goals and meal planning
- Instruction by professional clinical staff
- Competitive rates and free follow-up consultation

**PLEASE CALL (805) 569-7201
FOR INFORMATION ON THE NEXT
FREE INFORMATIONAL MEETING**

Santa Barbara Cottage Hospital
LaCumbre Conference Room
Space is limited.