

# Don't Fall Back on Bad Habits - Spring Forward!

Our weight loss professionals will teach you how to make healthy lifestyle changes so you can shed those extra pounds.

Our supportive team will be with you every step of the way - call us today!

*The Group*

*Obstetrics & Gynecology Specialists*

*Tel: 563-355-1853*

*[www.obgyngroup.com](http://www.obgyngroup.com)*

**new**  
**direction**  
weight management system

