

# LOSE WEIGHT WITHOUT DIETING

A structured, evidence-based program  
for permanent weight loss.



Unsatisfied with your Weight?  
Dieting Hasn't Worked?

**You Don't Have To  
Struggle Alone!**

**New Group Starting Monday, May 16, 2016**

*For information and registration  
contact Dr. Joanne VanNest.*

*E-mail:* [jvannest@morrispsych.com](mailto:jvannest@morrispsych.com)  
*Tel:* 973-257-9000 ext. 204

Morris  
**Psychological**  
group P.A.

50 Cherry Hill Road, Suite 305  
Parsippany NJ 07054