If you’ve been thinking about losing weight, a new weight loss program created by the doctors who wrote *The Full Plate Diet* is starting soon. It’s an eight-session, group program that is quite different and refreshing from typical weight-loss programs. Truly, it is not a weight-loss program, but a way to live. Learn how to enjoy a full plate, lose weight, and keep the weight off for good.

Full Plate Living provides practical, long-term solutions for reaching life’s goals through better nutrition. Key elements of our approach include the New York Times bestseller, *Full Plate Diet*. Tired of diets that require expensive specialty items and restrictive regimens? Foods that isolate you from family and friends? Meals that leave you hungry? Full Plate Living is for anyone who wants to live life to its fullest.

Sessions meet for an hour each week. All classes will be held at the Huston Huffman Fitness Center. The fee (including participant kit) is **$45 plus tax/person for OU students and employees** and **$83 plus tax/person for non-OU students or employees**.

**PROGRAM DETAILS:**

We’ll meet for eight 1-hour sessions every **Tuesday at noon** on the following days:
*Sept. 22, 29, October 6, 13, 20, 27, November 3, 10.*

**Location:**
Huston Huffman Fitness Center
1401 Asp Avenue, Room 170
Norman, OK 73019-2142

**Cost:**
$45 plus tax per person for OU Students or Employees
$83 plus tax per person for Non-OU participant

**PARTICIPANT INFORMATION:**

Name (please print clearly): _______________________________________________

Email: ________________________________

Phone: ________________________________