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.

**PROGRAM DETAILS:**

Free to all OU Students, Faculty/Staff. There are two classes to choose from this Spring! Each program will meet for eight 1-hour sessions each week.

**Wednesdays** on the following days and times: (select which session you will be attending)

- **1st Session:** at noon, Feb. 15 – April 5
- **2nd Session:** at 4:30pm, March 1 – April 19

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

**PARTICIPANT INFORMATION:**

Name (please print clearly): _____________________________________________

Email: _______________________________________________________________

Phone: _______________________________________________________________