

A NEW ROAD TO HEALTH STARTS HERE

“The Road to Health” is a research-based weight management program that is focused on you. It is designed to help motivate and encourage patients to prepare an individual plan that will help patients meet their weight loss goal.

This program is different than others in that it emphasizes the importance of exploring where you’ve been with past attempts at making health changes. This is key in helping you make a plan that will take you down a new and permanent road to healthy living.



We will provide you with a workbook and binder filled with tools that you need to make a plan that will work for you. You can add your own tools and items to your binder if you feel it will help you reach your goal. Our patient care team, led by your physician will be your partners every step of the way – motivating and encouraging you to reach the goals **you** set while following the plan **you** create.

Are you ready to start on your new road to health?

Call the clinic at (920) 832-2783 and ask to set an appointment with your doctor to discuss the “Road to Health” weight management program.

MOSAIC
FAMILY HEALTH

Teaching the Art & Heart of Care