

Take it off! Keep it off!

A COGNITIVE - BEHAVIORAL PROGRAM FOR WEIGHT LOSS AND MAINTENANCE

Group Leaders: *Nona Patterson, Ph.D. & Holly Savoy, Ph.D.*
4425 Randolph Road, Suite 411 • Charlotte, NC 28211

Take It Off/Keep It Off is a 16-week Cognitive Behavioral program designed for individuals who are interested in learning skills for successful weight loss and long-term weight maintenance.

This program is appropriate for individuals who:

- *have a BMI above 30 who are not seeking surgical weight loss*
- *pre and post- bariatric surgery patients who want to learn skills for long-term weight loss success*

Non Surgery Group

and

Bariatric Pre-post Surgery Group

Call for date and time of the next group session

Do you have difficulty...

- losing weight
- maintaining weight loss
- resisting cravings
- making time for regular exercise
- avoiding emotional eating
- staying motivated
- maintaining healthy choices

Would you like to...

- Change thinking patterns
- Learn healthy coping skills
- Change behavior patterns
- Achieve long-term weight loss success

Participants will learn a variety of skills and strategies including:

- Mindfulness skills versus mindless eating
- Behavior change and planning
- Changing thought patterns to deal with motivation and sabotaging thoughts
- Self-monitoring relaxation skills
- Problem solving skills
- Coping with challenges and special situations
- Maintaining skills

This program is not a diet or food plan. This program is based on cognitive –behavioral treatment approaches, which have been found to be one of the most effective treatments for long-term weight loss. Unlike other programs, this program integrates skill building and life style changes with effective weight loss strategies. In addition to addressing weight issues, this program will also enhance self-esteem as well as provide social support and encouragement to participants.

Call for additional information:

Nona Patterson, Ph.D. & Holly Savoy, Ph.D.

704-366-3400

704-362-4041