



Austin Regional Clinic

WEIGHT MANAGEMENT



Ready to start your journey to a healthier you? Whether you need to lose 50 lbs. or 100 lbs., the medically-monitored ARC Weight Management OPTIFAST® Program may be the right choice for you.

The program monitors your progress with weekly weigh-ins, vitals checks, and one-on-one coaching. In addition, weekly group sessions help you explore your relationship with food, assist with discovering ways to create a healthier lifestyle, learn about nutrition and exercise, and develop long-term strategies to maintain your weight loss.

Our program has helped Central Texans since 1988 — call **512-231-5130** to start your journey to a healthier, happier you, today.

Services Offered

- Lose 50 pounds or more
- Meal replacement products
- Medical supervision
- Comprehensive lifestyle education
- Expert counseling
- Ongoing personalized support
- Weekly weigh-ins, vitals check, visit with behaviorist

Register online or call **512-231-5130** to enroll today!

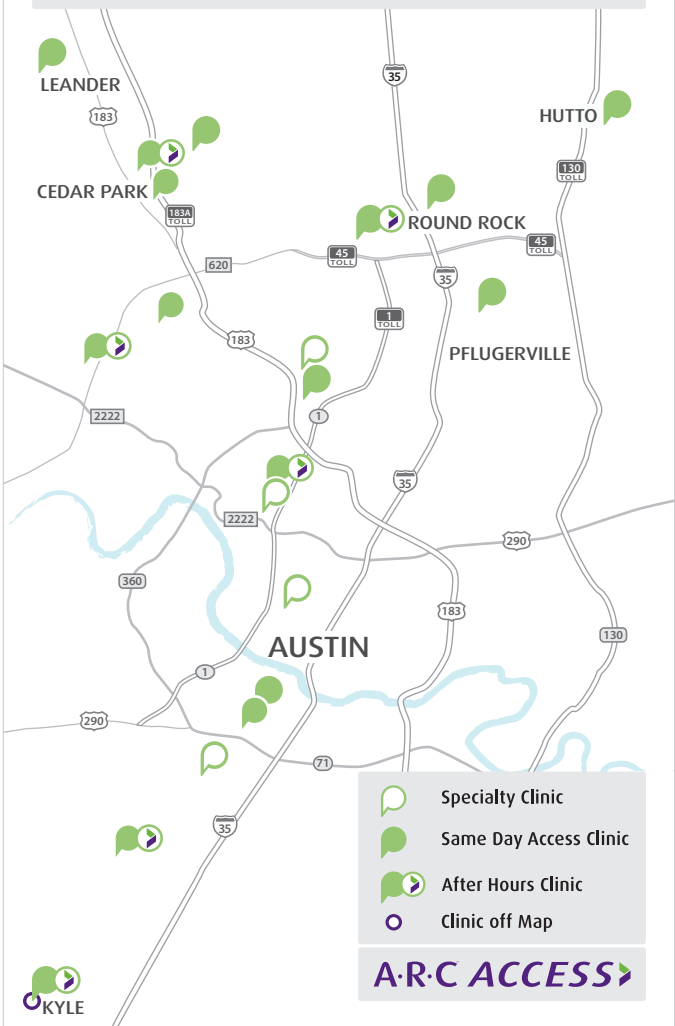
For more information,
visit [ARCServices.com](https://www.arcservices.com)

The ARC Advantage

Accessible, Reliable, and Convenient Health Care

At ARC you get same-day access to doctors during the daytime, nighttime, weekends, and holidays. You can schedule appointments 24-hours a day via phone, at ARCAppointments.com, or at MyChartARC.com. You also have access to phone nurses 24-hours a day. It's easy access to medical care and it's all part of the **ARC Advantage**.

We're Here When You Need Us



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512-ARC-INFO (512-272-4636)