Are you ready to lose weight- permanently?

Join Target Fitness!

A professional nutrition therapy program!

This 9-week* nutrition education, wellness and lifestyle program is led by Registered Dietitians who will help you reach your target weight!

Program runs on Tuesday evenings from 5:45 p.m. – 6:45 p.m.

Our team of nutrition experts provide you with:

- A sustainable, customized nutrition program you can follow for life
- A body composition analysis (measure of body fat and muscle)
- Intensive education on research-based strategies for permanent weight loss
- Personalized short and long-term weight goals
- An introduction to stress reduction, mindful eating and behavioral change techniques
- Training on innovative tools that will change your relationship with food
- Guidelines on reading food labels and a supermarket tour!

Get off the weight loss roller coaster!

Join Target Fitness Today

Enroll today by calling HealthConnect at 631-444-4000

*$180.00 person for the 9-week program

Please bring cash or check at the first session

Non-Refundable / Non-Transferable