

# HMR<sup>®</sup>

## WEIGHT MANAGEMENT PROGRAM

*Discover if HMR<sup>®</sup>  
is right for you.  
Contact us to schedule  
a FREE consultation.*



CAYUGA CENTER FOR HEALTHY LIVING



# HMR®

## ***Weight Management Program – A Different Way to Lose Weight***

Cayuga Center for Healthy Living (CCHL) now offers a medically supervised weight management program that closely monitors your progress towards better health and well-being. Our weight loss program works because it offers a different path than traditional weight loss programs by combining medical supervision, meal replacement with nutrition counseling, accountability, education and support, and lifestyle changes. CCHL and HMR® help you achieve lasting weight loss.

The program utilizes meal replacement plans in conjunction with comprehensive patient education and support, as well as exercise and stress management guidance.

You'll be working with a team of healthcare professionals, including a physician, nurse practitioners, dietitians, nurses and certified health educators to help you achieve lifestyle changes and weight loss. Our goal is to provide you with the expert resources to help you succeed!



A Collaborative Partner of Cayuga Medical Center



### **Cayuga Center for Healthy Living**

310 Taughannock Blvd.  
3rd Floor

Ithaca, NY 14850

**(607) 252-3590**

[cayugawellness.org](http://cayugawellness.org)

### **Your wellness destination to comprehensive services all at one convenient location in Ithaca:**



Cayuga Center for Healthy Living



Island Health & Fitness



Physical Therapy



Rasa Spa



Sports Medicine