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Williamson Medical Center's successful weight loss program open to public

FRANKLIN, TENN. – Another depressing trip down the bathing suit aisle might mean it's time for a change. Whether you've got love handles, only a few extra pounds to shed, or even if you need a lifestyle change to slim down and reduce your risk for heart disease, stroke, cancer and other life-threatening diseases, Williamson Medical Center can help.

Williamson Medical Center is offering its successful weight loss program, Countdown to a New You, to area residents at the Franklin Recreation Complex.

"Williamson Medical Center has taken the Countdown to a New You program to several businesses in Williamson County with outstanding results," says Steve Dycus, WMC Marketing and Public Relations director. "Partnering with Williamson County Parks and Recreation is exciting because this is the first time we've opened the program to the general public."

Countdown to a New You is a 12-week weight loss program designed to give the tools, information and support needed to create a permanent lifestyle change that results in weight loss and better health. The program features confidential weekly weigh-ins, as well as in-person educational sessions by a registered dietitian from Williamson Medical Center. Participants receive a customized diet and exercise journal and weekly e-blasts with tips, challenges and healthy recipes. Countdown to a New You participants will meet from noon to 1 p.m. on Wednesdays, July 27-Oct. 12, at the Franklin Recreation Complex, 1120 Hillsboro Road. Cost for the entire 12-week program is \$15 per participant. To register, call 615-790-5719, ext. 10.

“The beautiful thing about this program is that we bring all the resources to you, including interaction with a registered dietitian on a weekly basis,” Dycus says. “Participants’ average weight loss is half a pound each week, but the more you make the small lifestyle changes presented during the program, the more weight you lose. We’ve had participants lose 20 to 30 pounds during the 12-week program.”

Williamson Medical Center is a 185-bed hospital fully accredited by The Joint Commission that provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit williamsonmedicalcenter.org.

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