



The 100 KEYS is ZG’s ongoing *Weight Loss Support Group* that adds accountability and support to your weight loss journey. It is designed for those who would benefit from the accountability and weekly support along their weight loss journey. During the sessions we also discuss ways to make the ZG KEY lifestyle work in your life. Learn to overcome obstacles and tackle challenges. You can join at any time and once you join you must attend one session each week.

On your first session you will check in and have the **InBody performed to give you accurate information regarding your weight and % Body Fat, and muscle distribution.** The InBody will be repeated on the 4th session and again on every 6th Session. Before each session you will weigh in and receive your KEY for the week. **The weigh in and check in times are scheduled for 30 minutes prior to the start of each session and take place in the ZG Medical Office.** During our session we discuss the weekly KEY and share information and ideas for support. It is a great way to learn, support, and make new friends.

Currently the Session times are as follows:

<u>Day</u>	<u>Check In</u>	<u>Session</u>
Monday	11:30 - 12:00 PM	12:00-12:30 PM
Tuesday	12:00 – 12:30 PM	12:30 – 1:00 PM
Tuesday	5:30 – 6:00 PM	6:00 – 6:30 PM
Wednesday	6:30 – 7:00 AM	7:00 – 7:30 AM
Thursday	12:00 – 12:30 PM	12:30 – 1:00 PM
Thursday	5:15 – 5:45 PM	5:45 – 6:15 PM
Saturday	11:00 – 11:30 AM	11:30 – 12:00 PM
Sunday	1:30 – 2:00 PM	2:00 – 2:30 PM

The Fee Structure for the Sessions is as follows:

	Continuation:	Regular:
Your 1st Session -	\$15.00	\$18.00
2 nd Session -	\$10.00	\$12.00
3 rd Session -	\$ 5.00	\$8.00
4 th Session -	\$ 3.00	\$5.00

*There is no fee to attend a session during your 10 Week (or Sunday 12 Week) Weight Management Program.

Each subsequent session will be \$3.00 or \$5.00 AS LONG AS YOU DON’T MISS A WEEK! If you miss one week for any reason your next session will increase to the previous higher session rate. If you miss two consecutive sessions the fee will increase two levels. If you miss more than two consecutive weeks your fee schedule will start over at the 1st session rate.

TO JOIN: PICK A SESSION AND COME EARLY FOR YOUR 1st CHECK IN

If you have any questions you can email Dr. Madge Zacharias (mzacharias@zghealth), Nina Mancini (nmancini@zghealth), or contact Dr. Zacharias by phone at 358-9224.