



We help people take back control of their weight and their lives.

The Montreal Comprehensive Weight Management Program is a medical program designed for personal success. Patients learn tools for weight management based on scientific research and receive individual supervision and support from our team of dedicated professionals including physicians, dietitians, and behaviour and exercise specialists.

Our goal is to help patients achieve and maintain a healthy weight and well-being.

Initial Assessment

Patients are seen by our multidisciplinary team to evaluate medical, psychological, nutritional and physical activity readiness and needs.

Our Introductory Programs

Our 6-month introductory programs are offered in both Group and Individual formats.

- Patients choose Individual treatment because they need more flexibility in scheduling sessions, or want more in-depth or comprehensive psychological therapy.
- Patients choose Group treatment because they want the camaraderie and shared

group, or simply find groups enjoyable.

Included in all of our programs are weekly Fitness, Nutrition and Relaxation classes which supplement the individual and group sessions. Medical supervision of the patients is conducted on an ongoing basis, as needed.

We offer a program including the use of a liquid meal replacement (Optifast®), which is a low-calorie, nutritionally-balanced formula that is used to facilitate initial weight loss and behaviour change.

Follow-up Program

After completion of the introductory treatment, whether in individual or group format, the patient enters the follow-up phase. During follow-up patients can continue with bi-weekly group sessions or have individual support. They may also continue participating in all supplemental classes and ongoing medical support.

Weight Management Program for Adults

Your guide on the healthy path to successful weight control

Montreal Comprehensive Weight Management Program
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BEGINNING FALL 2010

OUR NEXT 6-MONTH “**INTRODUCTORY GROUP WEIGHT MANAGEMENT PROGRAM FOR ADULTS**”.

WE ARE NOW TAKING APPLICATIONS FOR THE FALL PROGRAM.

GROUPS ARE OFFERED 3 TIMES PER YEAR

Our Staff

Dominique Garrel, M.D. Endocrinologist	Angele LaFleche, B.Sc. Exercise Physiologist
Stephen Stotland, Ph.D. Psychologist	Ewa Wesolowska, M.D. Internal medicine
Bonnie Marcus, B.Sc., P.Dt. Dietician	Olimpia Timar-Banu, M.D. Internal medicine
Sonia Fortin Dt.P. Nutritionist	