

# COMMUNITY

## WEIGHT LOSS PROGRAMS



Provides advice, online access, and information about on-going meetings  
[www.weightwatchers.com](http://www.weightwatchers.com)



950 NW Eastman Parkway Gresham, OR 97030. 503-665-2665  
[www.jennycraig.com](http://www.jennycraig.com)



204 NE 2<sup>nd</sup> St.  
Gresham, OR 97030  
503-491-3522  
[www.curves.com](http://www.curves.com)

## MORE WEBSITES

[www.nurtrisystem.com](http://www.nurtrisystem.com): This site offers general weight loss information

[www.ediets.com](http://www.ediets.com): This site offers 17 different diet plans with online support and advice.

[www.chasefreedom.com/](http://www.chasefreedom.com/): This site offers review, pros and cons on approximately 200 diets.

[www.usda.gov](http://www.usda.gov): USDA recommended daily servings