

# COMMUNITY WEIGHT LOSS PROGRAMS



Mt. Hood Community College  
26000 SE Stark St.  
Gresham, OR 97030  
503-491-6422  
[www.weightwatchers.com](http://www.weightwatchers.com)



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



2471 Cherry Park Rd.  
Troutdale, OR 97060  
503-661-7766

204 NE 2<sup>nd</sup> St.  
Gresham, OR 97030  
503-491-3522

[www.curvesinternational.com](http://www.curvesinternational.com)



547 NW Division St.  
Gresham, OR 97030  
503-669-2567

[www.laweightloss.com/homeFlash.aspx](http://www.laweightloss.com/homeFlash.aspx)

## MORE WEBSITES

[www.aa-lose-weight-loss-diet-plans.com/index.html](http://www.aa-lose-weight-loss-diet-plans.com/index.html): This site offers generally unbiased, comprehensive 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/news/usdakids/food\\_pyr.html](http://www.usda.gov/news/usdakids/food_pyr.html): USDA recommended daily servings [www.usda.gov/wsp/portal/usdahome](http://www.usda.gov/wsp/portal/usdahome)