

Weight Loss Resources

Weight Management Program

Through education, exercise and counseling, this program can help you identify and modify your risk factors. Available to anyone whose body mass index is greater than 40 or 35 with a comorbid condition; i.e., diabetes, hypertension, elevated cholesterol.

You may enter the program through a referral from your physician.

The program begins with a comprehensive evaluation by the Weight Management Team consisting of:

- ✓ Nursing Assessment
- ✓ Nutrition Assessment
- ✓ Behavioral Health Assessment as needed
- ✓ Exercise Assessment

Lahey Outpatient Center, Danvers
480 Maple Street - Danvers, MA 01923
978.304.8400 - TTY: 978.304.8016

Surgical Weight Loss Center

Surgical weight loss patients are primarily seen at Lahey Hospital & Medical Center, Burlington and Lahey Outpatient Center, Danvers. Appointments with the surgeons are also available at Lahey Medical Center, Peabody. All surgeries are currently being performed at Lahey Hospital & Medical Center, Burlington.

- **Lahey Hospital & Medical Center | Surgical Weight Loss**
41 Mall Road
Burlington, MA 01805
- **Lahey Medical Center, Peabody**
One Essex Center Drive
Peabody, MA 01960
- **Lahey Outpatient Center, Danvers**
Medical and Day Surgery Center
480 Maple Street
Danvers, MA 01923

For more information call: 1.855.934.4488

Medical Weight Loss Program

At Lahey, you will benefit from the expertise of medical doctors and professionals including dietitians, nurses and psychologists. Contact us if you would like to learn more about how to lose weight and keep it off on your own:

- Burlington 781.744.1066
- Peabody 978.538.4880
- Lexington 781.372.7000

YMCA Healthy Weight Loss Program

YMCA Healthy Weight Loss Program meets once a week for 12 consecutive weeks. Classes run for 1 hour and 15 minutes. Each session includes a 30 minute topic presentation and discussion followed by a 45 minute guided exercise session.

The course is team taught by a registered dietitian and a certified personal trainer.

Contact: Sarah Picard: picards@northshoreymca.org / 978.564.3468