



## Local Weight Loss Resources

\*See also: Exercise resources\*

☺ = Spanish speaking agency

**FA:** <http://www.foodaddicts.org>, (781) 932-6300 FA is an International fellowship of men and women who have experienced difficulties in life as a result of the way we eat. The program of recovery is based on the twelve steps and twelve traditions of Alcoholics Anonymous. There are no dues or fees and newcomers are welcome. There is a current list of meetings online.

☺ **Jenny Craig:** [www.jennycraig.com](http://www.jennycraig.com), 573-1500

Free start-up consultations. This program requires that you start with their pre-packaged, prepared foods— around \$65/week. **Located at** 1401 Guerneville Road #300 in Santa Rosa.

☺ **Kaiser Permanente:** [www.kaisersantarosa.org/classes](http://www.kaisersantarosa.org/classes), 571-4167 or 566-5277

Offers two similar classes with different levels of commitment.

- **Located at** SR Medical Center, 401 Bicentennial Way in Santa Rosa

☺ **\*Northern California Center for Well-Being:** [www.norcalwellbeing.org](http://www.norcalwellbeing.org), 565-6043

Offers various classes on lifestyle change and maintaining a healthy weight.

- Private nutritional counseling available in English and Spanish
- **Located at** 365 Tesconi Circle, Suite B, Santa Rosa, CA 95401

☺ **Overeaters Anonymous of Sonoma County:** 538-9770

Meetings to stop eating compulsively. Events with special speakers and different ideas and approaches. Call for meeting times and places or check the website.

**Sonoma Diet:** [www.sonomadiet.com](http://www.sonomadiet.com)

Online program focuses on boosting vitality and heart health while losing weight; emphasizes value of Mediterranean diet; free analysis online and \$5/week fee includes meal planner, recipes, shopping lists, local support networking and online dietician consultations.

**Take off Pounds Sensibly (TOPS): Jeannette 763-0333**

Support group offering encouragement, accountability and involvement for women over 50.

**Weight Watchers:** [www.weightwatchers.com](http://www.weightwatchers.com)

Attend weekly support meetings and “weigh-ins” while following the plan’s “point system” for controlling eating habits. **Meetings are held** at Sebastopol Teen Center, 425 Morris Street in Sebastopol, Mondays at 5pm, Tuesdays at 8:30 am, Thursdays at 9:30 a.m.; fees range from \$10-15/week. Various other meetings throughout Sonoma County.