



**The INSIDE OUT weight loss program is kicking off again in January 2023!**

**It's time to...**

**TAKE CONTROL OF YOUR GOAL!**

Inside Out is a medically-monitored weight loss program that focuses on achieving healthy weight loss from the inside out and the outside in. We believe our wellness approach to facilitating your goals for weight loss can be safe, effective, and efficient. Your team of health care professionals are dedicated to facilitating personalized lifestyle and behavior changes that are measurable, achievable, and lifesaving. This team includes Mental Health Counselors, Dietitians, Fitness Experts, Nurse Practitioners, and a supporting staff who are of the mindset that only you can take control of your goal(s). We are your biggest advocates!

*If you are interested in joining the program*

*email Ashley Wilson, Wellness Dietitian*

[Ashley.Wilson@colliercountyfl.gov](mailto:Ashley.Wilson@colliercountyfl.gov)

