

In response to numerous requests regarding weight management classes, Capital Health Plan is pleased to share the following information with you. These community based programs offer sessions several times a week at various locations.

### **Overeaters Anonymous (OA)**

A donation-funded 12-step program based on the concept that compulsive overeating and other eating issues can be controlled through emotional and spiritual support. Although a framework for healthier eating is provided, it purposely does not give any nutritional advice. Members may choose to have a sponsor and receive support outside of the meetings. The focus is on inner change. Try it if you would enjoy small group, respectful, spiritual-type discussions. Find them at [www.OA.org](http://www.OA.org) or attend a meeting:

- Each Tuesday at 6:30 p.m., Tallahassee Senior Center Ground Floor (enter from 7<sup>th</sup> Ave. ground floor entrance and proceed to end of hall. Room 1A
  - You do not have to register or call in order to attend.
- Weekends, TMH Behavioral Health Center, 1616 Physicians Drive
  - Saturday 10 AM: Steps and Traditions Study
  - Sunday 6:00 PM: Big Book Study
- For more information, you may call Sarah at (850) 385-8421 or David at (850) 363-1451.

### **Take Off Pounds Sensibly (TOPS)**

Non-profit, non-commercial, dues funded international program with local chapters meeting weekly. The focus is on support and wellness education with local contests, prizes, and events. There are also state and international events, retreats, and recognition programs. Fees are reasonable. A monthly magazine subscription is available with membership. Online, you will find a variety of helpful tools as well as information about wellness and nutrition. Join online for an additional fee. For more information visit [www.tops.org](http://www.tops.org) or call the TOPS Headquarters at 1-800-932-8677 to find your local chapter.

- Below are local Tallahassee, FL, meetings:
  - Fridays, 9:30 – 11:00 a.m., Lafayette Park Community Center, Tallahassee, FL
  - Thursday, 6:30 – 8:00 p.m., Thomasville Road Baptist Church, Tallahassee, FL

### **Weight Watchers PointsPlus**

This program is based on the latest nutritional science, and factors in the way your body actually processes food. For more information visit [www.weightwatchers.com](http://www.weightwatchers.com) or call 1-800-651-6000 to find a local chapter in your area.

All of the above programs are eligible for the Health and Fitness Reimbursement through Capital Health Plan. For more information, contact Capital Health Plan Member Services at 850-383-3311.

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