

## **Weight Management Resources Bath- Brunswick**

### **Weight Watchers of Maine 800-651-6000**

Knights of Columbus Hall, Middle St, Bath:  
Monday at 5:30 pm  
Freeport Middle School, 19 Kendall Lane, Freeport:  
Thursday at 6 pm  
Evergreen Senior Citizens Center, Columbus Drive, Brunswick:  
Wednesday at 4 pm  
Wednesday at 6 pm  
Saturday at 8:30 am  
Mid Coast Hospital Medical office Building (Room 3208)  
Friday at 11:30 (Weight Watchers at Work)

\$32.00  
registration  
\$12.00 per  
week  
Reduced  
fees for 17-  
21, 60+

### **Lite-Life, Inc. 837-1480**

Phippsburg Fire Department : Monday at 3:45  
Hampton Inn, Freeport: Monday at 6:15  
Bath City Hall: Tuesday at 4:15  
Mid Coast Hospital Medical Office Building  
Tuesday at 6 pm (Suite G 200)  
Wednesday at 12:00 (Room 3208)

\$20.00  
Registration  
\$9.00 per week

### **Mid Coast Hospital 373-6585**

Registered, Licensed Dietician,  
individual appointments Monday and Thursday

\$84.00 per hr,  
\$21/15 min, 4-6 F/U  
visits approx \$295;  
some insurances  
will pay

### **Parkview Adventist Medical Center 373-2170**

**Food Addicts in Recovery, Sat 9-10 am, Mid Coast Hospital Café Conf Room**  
**Overeaters Anonymous, Sun 9-10 am, Mid Coast Hospital Café Conf Room**

This document is a resource and not intended as an endorsement  
for any particular program. **Compiled July 2006**