



Sign up for a Low Carb Support Group!

Low-carb diets helped people lose more weight than a traditional low-fat diet in one of the longest and largest studies to compare the weight-loss techniques, and the low-carb diet improved cholesterol more than the other two. MSNBC News



Dr. David Weed

A free weekly support group led by Dr. Weed meets every Wednesday from noon to 1:00 p.m., January thru May in the Diabetes Association lobby 170 Pleasant Street (plenty of metered parking spaces and an easy walk to the building)

Bring a bag lunch and join us for conversation and learning all about low-carb living!



The Fall River Fitness Challenge is sponsoring a support group for people who are currently on or are considering following a low-carbohydrate diet, either to lose weight or to stabilize or prevent medical conditions such as diabetes.

Such diets emphasize limiting foods containing carbohydrates such as bread, pasta, and starchy vegetables, as well as sweets of any type, including beverages. These include Atkins, South Beach, Carbohydrate Addict's Diet, Hampton's Diet, Protein Power, the Paleo Diet, the Zone Diet and the Glycemic Index Diet. These diets allows people to lose weight without going hungry. The American Diabetes Association has supported the use of low-carb diets since 2008.

A brief explanation of the principles behind how low carb diets work will be offered at the beginning of each group. The group will then share information on foods and recipes as well as tips on shopping and eating away from home.

The group will be led by David Weed, Psy.D., clinical psychologist and coordinator of the Healthy City Fall River initiative, who has successfully followed a low-carb diet for over three years.

While participants share information on managing this diet approach, this is a peer-to-peer support group format. Participants should follow their health care providers' recommendations.

There is no charge to participate in the group. Participants are free to join the group at any point, though regular participation is encouraged. **For more information, contact Dr. Weed at 508-324-2411 or by e-mail at drweed@cox.net.**