

Weight Loss Classes in the privacy of your own home.



HMR at Home



Call **NOW**
to sign up for
an orientation!

Contact:

Hackley Health Management

Telephone:

800.521.9054

Orientation Dates:

Phone-Based Classes

Join other dieters in a weekly 45 minute call led by a highly-skilled health educator who has been certified by HMR.

Weight Loss Coaching

Weekly group calls provide accountability and an opportunity for individual coaching to help you stay on track.

Easy-to-Follow Diet

You can always feel full with delicious and satisfying meal replacements (portion-controlled HMR Entrees and weight loss shakes) along with unlimited amounts of fruits and vegetables.

Skills to Keep the Weight Off

HMR at home includes an intensive maintenance program which provides on-going support to help you practice the skills you need to maintain your weight loss.

