

Tried it yourself?

Tried those shakes?

Tried those meetings?

Tried a nutritionist?

IT IS THAT HARD.

*Learn to succeed
at weight loss.*

Contact us today
to arrange a free
consultation.

E-mail info@mccallumplace.com
or call (314) 968-1900 today.

Greenlight at Webster Wellness
231 W. Lockwood Ave., Ste. 201
Webster Groves, MO 63119



Successful Weight Loss
Programs for Adolescents
and Adults

Intensive Weight Management Programs for Adolescents and Adults

At **Greenlight**, we approach weight loss and weight management through a unique paradigm. Quite simply: **you lose weight** and we teach you skills to **control your weight for good**.

Greenlight emphasizes a scientifically based approach built around **you**. With our help, you will understand and be able to practice the concepts needed for **long-term weight control**.

Weight loss and weight management are complex issues that need to be addressed from **Biological**, **Psychological**, and **Social** perspectives. Our intensive program helps make these issues make sense to you.

Program Includes:

- *Weekly Group meetings*
- *Weekly Individual Sessions*
- *Nutrition Education*
- *Culinary Education*
- *Grocery Shopping*
- *Food Preparation*
- *Menu Planning*
- *Activity Consultation*

About the Directors

Kim McCallum, MD, is a board-certified psychiatrist in child, adolescent, and adult psychiatry and is a certified eating disorder specialist with 25 years of experience in the field. She is a member of the Board of Directors of the National Eating Disorder Association (NEDA) as well as the International Association of Eating Disorder Professionals (IAEDP). She has lectured across the country on a variety of topics, achieving national recognition for her skills and knowledge in treating eating disorders.

Molly Carmel, MSW, is the Founder of Greenlight. Throughout her career she has worked extensively with adolescents and adults in the areas of obesity and weight management, eating disorders, and substance abuse. Molly's work has been featured on *Dateline NBC*, *Anderson Cooper 360*, *The Today Show*, and *Extreme Makeover*, as well as in *People Magazine* and the *Los Angeles Times*.

Diane Mickley, MD, FACP, FAED, is the Co-Founder of Greenlight and Director of the Wilkins Center. Dr. Mickley is board-certified in internal medicine and for over 25 years has specialized in treating people with eating disorders and weight control issues. She is a Founder and former Board Member of the Academy for Eating Disorders and is a member of The Obesity Society.