



## **DECATUR COUNTY CORPORATE WELLNESS**

Decatur County Memorial Hospital  
720 North Lincoln Street  
Greensburg, IN 47240  
(812) 663-1173  
janine.walter@dcmh.net



Weigh Beyond is a 10 week weight loss program designed to help individuals with dietary changes, physical activity and behavior changes to aide in weight loss. The program design is set up for participants to have weekly health coaching sessions with a certified health coach, personal training session and 3 group classes with healthy demos.