

[Weight Loss Program Starts](#)

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Don't Weight to Lose is holding a new and improved session starting on Saturday (Jan. 16) that is open to all Tulane employees and alumni.

The free weight-loss and health-improvement program is beginning at 9 a.m. on Saturday at Franklin Avenue Baptist Church, 2515 Franklin Ave. Participants must [sign up](#) ahead of time. Space is limited.

Tulane medical students began the [program](#), which has assisted participants in averaging a 10-pound weight loss in seven weeks. The program provides free exercise equipment, advice from Tulane medical nutritionist Dr. Timothy Harlan, personalized health counseling, circuit exercise classes, and free body composition and physical screenings.