

“See what I’m  
serving  
up  
for slimming  
down”



*Celebrity Chef Carol Ritchie*



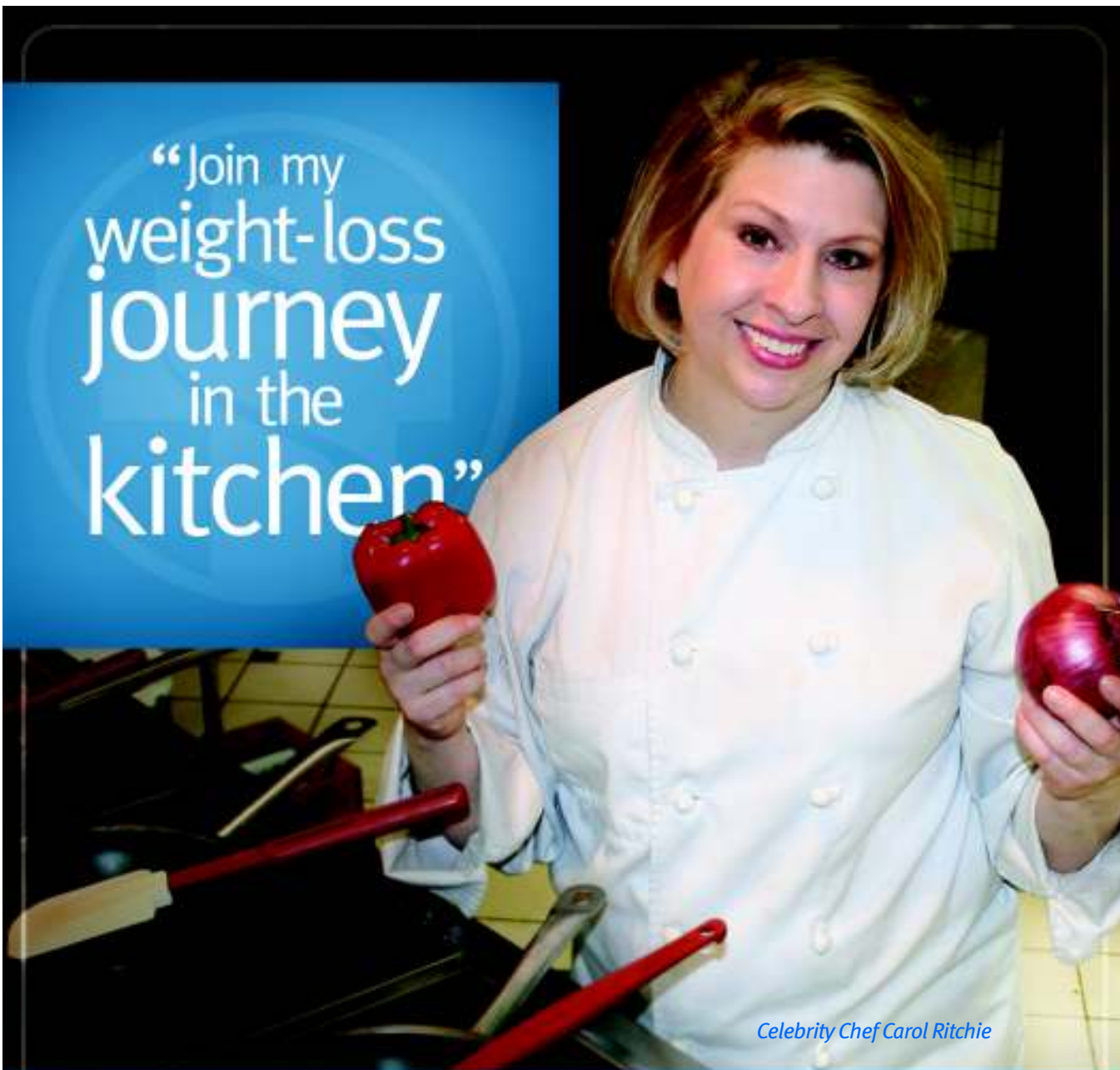
Where life shines bright.™

Few people have a food fascination like that of a professional chef. So after 20 years in the kitchen, celebrity chef Carol Ritchie is going where no cook has gone before. She has joined the Methodist Weight Management Institute’s To Life!™ Program to reduce her apron size. To Life! is a medically managed weight-loss program that uses proven lifestyle-change techniques to help patients reach and maintain a healthy weight for life.

**Follow the incredible shrinking chef on her weight-loss journey at [www.MethodistHealthSystem.org/Carol](http://www.MethodistHealthSystem.org/Carol)**

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff, including those practicing in connection with the Methodist Weight Management Institute, are independent practitioners who are not employees or agents of Methodist Health System or any of its affiliated hospitals.

“Join my  
weight-loss  
journey  
in the  
kitchen”



*Celebrity Chef Carol Ritchie*



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