

Weight Loss Centers without Medication			
Curves			www.curves.com
Irons Fitness	301-530-9236	7700 Wisconsin Avenue #H	Insurance not accepted
Irons, Nick PT		Bethesda, MD 20814	www.ironsfitness.com
Gerber, Ann RD			
Jenny Craig			www.jennycraig.com
Medifast			www.medifast1.com
Nutrisystem			www.nutrisystem.com
Weight Watchers			www.weightwatchers.com
Zalman, Janet MS, LN, CNS	202-362-2380	Zalman Nutrition Group	Insurance not accepted
		4219 39th St NW	\$1,500 for 3 month program
		Washington, DC 20016	