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CLIENT: LINDORA HEALTH CLINIC/LX5009  
For more information contact Frank Groff

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**LINDORA DEBUTS “WEIGHT LOSS STARTER KIT” AVAILABLE ONLINE  
& AT SELECT RITE AIDS  
(Instructional Book, CD, Pedometers & Other Tools Available For \$39.95)**

Lindora Medical Clinics, the nation’s leading medically supervised weight control program, has introduced a new Weight Loss Starter Kit that is available at select Rite Aid locations in Orange County or online at [www.lindora.com](http://www.lindora.com), announced Lindora President Cynthia Stamper Graff. The Lindora Weight Loss System is based on the company’s proven online program and retails for \$39.95 (a \$90 value). It contains a number of Lindora products including the best-selling “Lean For Life® Phase One: Weight Loss,” an instructional and inspirational book written by Graff; “Cooking Lean For Life” DVD; “The 6 Essentials for Lifetime Weight Control” CD; a tape measure; 50 ketosticks (fat-burning indicators); and a coupon for one free coaching session by phone with a Lindora weight loss professional. In addition, select Rite Aid stores will offer Lindora’s popular brand of high-protein snack bars, soups, vitamins and shakes. All Lindora products and services are designed to emphasize the company’s core message of “Eat Better, Move More, Stress Less™.”

“The Lindora Weight Loss System is based on our popular online program, which has helped people from all over the world achieve their weight loss goals,” said Graff. “Since forming a partnership with Rite Aid, we have been seeking ways to help as many people possible become lean for life. This is a convenient, effective set of weight loss tools that people anywhere can use to reach their goal.”

Graff added that it’s important for the public to have access to quality care. That’s why Lindora is expanding its delivery of services beyond their 35 Southern California clinics and the Lindora Health Clinic at Rite to include this self-help Lindora Weight Loss System kit.

Added Phil Keough, Rite Aid's senior vice president of pharmacy operations, "With obesity reaching epidemic proportions, our partnership with Lindora has become an important part of our overall commitment to improving the health of our customers in Southern California. Patients can seek help at our in-store Lindora Health Clinic or by using the new Lindora Weight Loss System to help them reach and maintain a healthy weight, which is key to one's overall health."

Lindora Health Clinics are staffed by nurse practitioners and other healthcare professionals who administer intensive supervised weight control services as well as treat a variety of non-emergency acute care conditions. Basic services include diagnosis and treatment of common illnesses such as ear infections, strep throat, flu symptoms, sinus infections, poison ivy and rashes; commonly-used prescriptions will be written to treat these illnesses. In addition, diagnostic screenings are available for diabetes, blood pressure, cholesterol, tuberculosis and urinary infections, as well as determining one's risk for other serious health conditions and calculating one's body mass index. Vaccinations for flu, hepatitis, meningitis, pneumonia and chickenpox are available and physical and sports exams are offered.

In addition, medically supervised weight management programs are offered to those looking to start or restart a weight loss program. All of the weight management programs are based on Lindora's long-established medically supervised program combining diet, moderate exercise and motivational tools to help patients become Lean for Life®.

Lindora Health Clinic is open on Monday through Friday from 9 a.m. to 7 p.m., Saturday from 9 a.m. to 2 p.m. and Sunday from noon to 5 p.m. with no appointment necessary. For more information, visit [www.lindorahealthclinic.com](http://www.lindorahealthclinic.com).

Rite Aid Corporation is one of the nation's leading drugstore chains with annual revenues of \$17.3 billion and approximately 3,320 stores in 27 states and the District of Columbia. Information about Rite Aid, including corporate background and press releases, is available through the company's website at [www.riteaid.com](http://www.riteaid.com).

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