



**FOR IMMEDIATE RELEASE**

## **Durham Weight Loss Facility Collects Gifts for Local Families in Need**

*Structure House staff, participants gather donations for families with Durham Social Services*

**DURHAM, N.C. (December 22, 2008)** — Structure House, a residential weight loss facility in Durham, N.C., asked its staff and participants to join in helping less fortunate families this holiday season. The Durham company shared the holiday spirit by “adopting” four local families unable to afford presents this year.

“As a proud member of the Durham community for more than 30 years, we feel privileged to have the opportunity to support Durham Social Services and help local families this holiday season,” said Dr. Gerard J. Musante, clinical psychologist and founder of Structure House.

Several participants donated clothing, slippers and picture books to help a 47-year-old single mother provide gifts for her 9-year-old daughter. Structure House also collected toys and clothing for a 23-year-old mother and her infant son, as well as clothing for two elderly women.

Structure House delivered all donations and gifts for the four families to Durham Social Services earlier this month.

### **About Structure House**

Structure House®, a residential weight loss facility in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The facility, which celebrated its 30<sup>th</sup> anniversary in March 2007, integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Since 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

Gerard J. Musante, Ph.D., one of the nation’s leading experts on obesity and weight loss, is the founder and director of Structure House. A renowned clinical psychologist, Dr. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. Dr. Musante is the author of [The Structure House Weight Loss Plan](#). For more information, visit [www.structurehouse.com](http://www.structurehouse.com).

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