HealthyCARE 90 Day Program

A 13-week group wellness program that includes nutrition counseling, health coaching for lifestyle change, mindfulness for stress management, and group fitness with certified instructors.

UVM Exclusive VIRTUAL Program (Fully Remote):
Mondays, September 12 – December 12, 12:00-1:00 p

Only $25 for UVM Employees!

To sign up, email genavix@edgevt.com or call 802-951-2320. To watch a short video about this program, CLICK HERE.
**HealthyCARE 90 Day Program**

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**IN-PERSON Programs (Include Group Fitness):**

Monday, September 12 – December 12 from 5:30-7:30p
Thursday, October 20 - February 2 from 5:30-7:70p
(All programs held at the South Burlington EDGE)

*UVM Employee Wellness will cover $88 toward the cost of these programs!*

To sign up, email genavix@edgevt.com or call 802-951-2320.