

# HEALTHYCARE<sup>TM</sup> 90 DAY PROGRAM

If you want to lose weight, eat better, manage your stress levels, and are ready for accountability and support, our evidence-based HealthyCARE 90 Day Program is for **you!**

- ✓ 13 weekly one-hour classroom sessions led by your Certified Health Coach
  - ✓ Online journaling for accountability
- ✓ 3 individual nutrition sessions with a Registered Dietitian
  - ✓ Weekly whole foods meal plans & recipes
  - ✓ Comprehensive pre & post health risk assessment
- ✓ Pay as little as \$135 after insurance (regularly \$699!)

## Upcoming Session:

Wednesdays, June 21 - September 13, 2023  
12 - 1 PM on Zoom

Ready to get started? Email [wellness@edgevt.com](mailto:wellness@edgevt.com), call (802) 383-0676 or scan the QR code!

