HEALTHYCARE 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 virtual classroom sessions led by your Certified Health Coach
- 3 individual nutrition sessions with a Registered Dietitian
  - Comprehensive pre & post health risk assessment
  - Weekly whole foods meal plans & recipes
  - Online journaling for accountability
- Partially covered by most health insurance!

ONLY $25 FOR UVM EMPLOYEES!

Upcoming Session:
Wednesdays November 1 - January 24
12 - 1 PM on Zoom

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