

HEALTHYCARETM 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 September 6 - November 29
12 - 1 PM on Zoom

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

