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 classroom sessions
✓ Weekly group exercise
✓ 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!

Upcoming Session

Thursdays 5:30-7:30pm
January 18th - April 11th 2024
The Edge Twin Oaks

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