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
- Virtual and In-Person Options
- Weekly group exercise (in-person only)
- 3 individual nutrition sessions with a Registered Dietitian*
- Comprehensive pre & post health risk assessment
- Weekly whole foods meal plans & recipes
- Online journaling for accountability

Virtual (Zoom):
Saturdays 10-11am
April 20 - July 13
Mondays 6-7pm
April 29 - July 29
$48 for UVM Employees

In-Person:
Wednesdays 5:30-7:30pm
April 17 - July 10
The Edge Twin Oaks
$72 for members and
$172 for non-members

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