

# 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
  - ✓ 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](mailto:wellness@edgevt.com), call (802) 383-0676 or scan the QR code!

