

BUILD A LIFE FREE OF DIETS, FATIGUE, & STRESS!

Virtual HealthyCARE™ 90 Day Program for UVM employees and family members!

Guided by a Nationally Certified Health Coach, focus on your fitness, nutrition, and stress management in the comfort of your home or office!

Program Start Dates:

- **Monday, August 24th – November 16th 12pm-1pm**
or
- **Tuesday, September 22nd – December 15th 12-1pm**

PROGRAM INCLUDES:

- 13 weekly virtual one-hour group sessions with a Certified Health Coach
- 3 virtual group fitness classes to create an in home workout routine
- 3 Individual Tele-Nutrition sessions with a Registered Dietitian
- Whole foods meal plans and recipes weekly
- Access to evidenced-based written resources during and after the program
- Discounted membership to The EDGE including full access to live and virtual group fitness classes

Join a FREE Virtual Introduction Session!

Click the time to register for one of the sessions below:

 [Monday, August 3: 12pm-12:45pm](#)

 [Tuesday, September 1: 12-12:45pm](#)

PROGRAM COST: \$59 total thanks to support from UVM Wellness and BCBSVT!
Program restrictions may apply.

- For more information or to reserve a spot contact us at genavix@edgevt.com or call 802-951-2320

