

HealthReach Community Education of Exeter Hospital presents **Your Weigh to Wellness Online**

An 8-Week Adult Weight Management Program



Are you looking for a weight management program that is first and foremost a wellness program?

Led by a Registered Dietitian with a certificate in weight management from the Academy of Nutrition and Dietetics, *Your Weigh to Wellness* takes a lifestyle approach with interactive sessions that will:

- **Bust myths and make clear the latest research and recommendations for nutrition, behavior, and exercise.**
- **Build your skills, motivation and confidence to reach your wellness goals, whether you are trying to lose weight or maintain a healthy weight.**

For more information or to register for *Your Weigh to Wellness Online*, call the Exeter Hospital Help Center at 603-580-6668.

www.exeterhospital.com

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 **EXETER HOSPITAL**
an exeter health resource | The Art of Wellness

HealthReach Community Education's
Your Weigh to Wellness Online

An 8-Week Adult Weight Management Program

The program meets online using WebEx

2023 Program Schedule:

Tuesdays, January 10 – February 28; 5:30 pm – 6:30 pm

**Wednesdays, May 3 – June 7; 5:30 pm - 7:00 pm
(meets for 6 weeks, 1.5 hours per week)**

Tuesdays, October 3 – Nov 21; 5:30 pm – 6:30 pm

Registration is required.

**To register, please call the Exeter Hospital Help Center
at 603-580-6668.**

- **Once your registration is confirmed, you will receive an email with the link to the online program.**
- **Technical help is available.**

The fee for the program is \$150.

Payment plans available.

Exeter Hospital and Core Physicians financial assistance accepted.

We are pleased to work with Anthem Blue Cross Blue Shield to reimburse members for eligible community health education classes through the SpecialOffers@Anthem Community Health Education Reimbursement Program. Please verify your eligibility for this program by calling the Customer Service number on the back of your Anthem Identification Card.

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