

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

## **An 8-Week Comprehensive 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](http://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 Comprehensive Adult Weight Management Program**

**The program meets online using WebEx**

**2021 Program Schedule:**

**Mondays, March 8 – April 26, 2021; 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 program.**
- **Technical instruction is available to participate in the program.**

**The fee for the 8-week program is \$125.**

**Payment plans available.**

**Exeter Hospital and Core Physicians financial assistance honored.**

*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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