

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

## 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 a *Your Weigh to Wellness* program, call the Exeter Hospital Information and Referral 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

## An 8-Week Comprehensive Adult Weight Management Program

The program meets at  
4 Alumni Drive on the Exeter Hospital campus  
Exeter, NH

### 2019 Program Schedule:

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

Wednesdays, March 13 – May 1; 5:30 pm - 6:30 pm

Wednesdays, May 8 – June 26; 5:30 pm – 6:30 pm

Tuesdays, September 10 – October 29; 5:30 pm – 6:30 pm

**Registration is required.**

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

**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.*

