

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

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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

2020 Program Schedule:

Thursdays, January 9 – February 27; 5:30 pm – 6:30 pm

Wednesdays, March 11 – April 29; 5:30 pm - 6:30 pm

Tuesdays, May 5 – June 23; 5:30 pm – 6:30 pm

Tuesdays, September 15 – November 3; 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.

