

HealthyLife[®] Weigh

LENOIR
UNC HEALTH CARE
MINGES WELLNESS CENTER



This weight management program focuses on weight loss goals supported by healthier nutrition practices and increased physical activity. It is ideal for the individual needing to lose 10-40 pounds, and at a stage of readiness where lifestyle changes can be made.

Nutrition education is delivered in a 4 week program led by a Registered Dietitian in the Minges Wellness Center at Lenoir Memorial. The program is a modified form of the national program, HealthyLife[®] Weigh, and focuses on the necessary formula for permanent weight loss: balancing calorie intake from food and calorie output through physical activity. We will assist you in making permanent lifestyle changes to help you get to and stay at a healthy body weight. This is not a diet but a new way of incorporating positive eating and activity habits.

Each Series consists of 4 classes, and attendance at all 4 classes is necessary for completion:

Class #1: Get the Ball Rolling
(Portion Distortion, Meal Plans, Tracking)

Class #2: More or Less
(Nutrients to Increase & Decrease)

Class #3: Smart Choices
(Grocery Shopping, Recipe Makeovers, Eating Out)

Class #4: Mind over Matter
(Emotional Eating, Slips, & Staying on Track)



Participants will receive two months membership in the Minges Wellness Center with an individual exercise plan developed with an exercise specialist.

Required registration for each session may be completed by calling the Minges Wellness Center at 252-522-7014. Location: Minges Wellness Center classroom. Cost \$150 at registration.

January 2017 Series
Wednesdays
from 8:30-9:30am
January 4, 11, 18, & 25

April 2017 Series
Thursdays
from 3:30-4:30pm
April 6, 13, 20, & 27

July 2017 Series
Thursdays
from 4:00-5:00pm
July 6, 13, 20, & 27

October 2017 Series
Wednesdays
from 3:30-4:30pm
October 4, 11, 18, & 25

February 2017 Series
Mondays
from 4:00-5:00pm
February 6, 13, 20, & 27

May 2017 Series
Tuesdays
from 8:30-9:30am
May 2, 9, 16, & 23

August 2017 Series
Wednesdays
from 8:30-9:30am
August 9, 16, 23, & 30

November 2017 Series
Tuesdays
from 8:00-9:00am
November 7, 14, 21, & 28

March 2017 Series
Tuesdays
from 12:00-1:00pm
March 7, 14, 21, & 28

June 2017 Series
Mondays
from 12:00-1:00pm
June 5, 12, 19, & 26

September 2017 Series
Tuesdays
from 12:00-1:00pm
September 5, 12, 19, & 26