



## 6-week & 12-week Meal Replacement Program

Join us for 6 or 12 weeks as we jumpstart your weight loss with meal replacement products and motivate you to keep it off! New groups will start every 3 weeks with a group introductory meeting every Tuesday.

### **How to get started:**

**Step 1:** Set-up appointments with your medical weight loss team to monitor your progress and give you individualized support.

Appt Provider	Appts to Schedule
Behavioral Therapist Visit	3 Months OR Per Provider
Dietitian Visit	2 Months
Physician Visit	ASAP <u>AND</u> 3 Months After

**Step 2: Attend a group introduction meeting (mandatory).** Held every Wednesday from 4:00-4:45pm, we offer an introductory session to learn about meal plans, test products, and address any questions about the program.

**Your introduction meeting:** \_\_\_\_\_

**Step 3: Choose a 6- or 12-week program and a start date.** 6-week programs are \$75 and 12-week programs are \$125. Start dates are listed below. Class is from 5:30-6:30pm on Tuesdays and 4:45-5:30pm on Wednesdays.

- Tuesday December 29th
- Wednesday January 20th
- Tuesday February 9th
- Wednesday March 2nd
- Tuesday March 22nd
- Wednesday April 13th
- Tuesday May 3rd
- Wednesday May 25th
- Tuesday June 14th
- Wednesday July 6<sup>th</sup>
- Tuesday July 26th
- Wednesday August 17<sup>th</sup>
- Tuesday September 6th
- Wednesday September 28<sup>th</sup>
- Tuesday October 18th
- Wednesday November 9th
- Tuesday November 29th
- Wednesday December 21st

## Group Curriculum:

Session	Topic Covered
Session 1	Nutrition Facts Label
Session 2	Nutrition 101
Session 3	Goal Setting
Session 4	Dining Out/Transitioning
Session 5	Fitting in Fitness
Session 6	Mindful Eating
Session 7	Nutrition Facts Label #2
Session 8	Grocery Shopping 101
Session 9	Goal Setting #2
Session 10	Dining Out/Transitioning
Session 11	Fitting in Fitness
Session 12	Stress Management/Sleep Deprivation

*\*\*After 3 rounds of group (36 weeks) you will be transitioned into our maintenance program.*

### Step 4: Maintenance Program:

Once you have completed 12-weeks of the program you can enter our **Maintenance Program**. This includes:

- Continued follow-up with dietitian and physician (every 2-3 months) and behavior (every 6 months or as needed).
- Monthly web-based support group
- Weekly food log feedback

You are permitted to re-enter the meal replacement program only after three months in the maintenance program.

Group Curriculum – Topics will be based around healthy living and lifestyle. We will also take suggestions for topics relevant to the group. Topics will include:

- Mindful Eating
- Meal Planning and Recipe Development
- Body Image
- Social Support
- And many more!