



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 January 31st
- Tuesday March 14th
- Tuesday April 25th
- Tuesday June 6th
- Tuesday July 18th
- Tuesday August 29th
- Tuesday October 10th
- Wednesday January 11th
- Wednesday February 22nd
- Wednesday April 5th
- Wednesday May 17th
- Wednesday September 20th
- Wednesday November 1st

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!