



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 6 weeks with a group introductory meeting every Tuesday.

How to get started:

Step 1: Set-up and appointment with a dietitian or behavioral provider to help introduce you to the program and provided individualized support. After the initial meeting you will schedule appointments with 3 providers:

Appt Provider	Frequency of Appts
Behavioral Therapist	Every 8-12 weeks
Dietitian Visit	Every 4-6 weeks
Physician Visit	ASAP <u>and</u> every 12 weeks

Step 2: Attend a group introduction meeting (mandatory). Held every Tuesday from 4:00-4:45pm, we offer an introductory session to learn about meal plans, test products, and address any questions you might have 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 **5:00-5:45pm on Tuesday evenings.**

- Tuesday January 23rd
- Tuesday March 6th
- Tuesday April 17th
- Tuesday May 29th
- Tuesday July 17th
- Tuesday August 28th
- Tuesday October 16th
- Tuesday November 27th

Group Curriculum:

Sample Topics Covered
Nutrition Facts Label
Nutrition 101
Goal Setting
Dining Out/Transitioning
Fitting in Fitness
Mindful Eating
Nutrition Facts Label #2
Grocery Shopping 101
Goal Setting #2
Dining Out/Transitioning
Fitting in Fitness
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).
- Gradual transition off meal replacement products, if not done so already.
- Weekly food log feedback as needed.

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

(Coming Soon) 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!