

## **New Direction Meal Replacement Group**

The Weight and Wellness Center (WWC) is offering a 6 or 12-week group for those who may benefit from following a structured eating plan that involves replacing 2 meals and 1 snack with high protein **New Direction** shakes and/or bars. Each group session will also cover topics related to nutrition and behavior changes that assist with long term weight loss success! Please contact Jill ([jregan@tuftsmedicalcenter.org](mailto:jregan@tuftsmedicalcenter.org)) or Melissa ([mpage@tuftsmedicalcenter.org](mailto:mpage@tuftsmedicalcenter.org)) if you have questions.

**When:**     **Tuesday** evenings 5:00-6:00pm or 6:00-7:00pm  
              **Wednesday** evenings 4:45-5:30pm

**Where:**     South Building, Mezzanine floor

### **Program cost:**

New Patients	
12 weeks	\$125.00
6 weeks	\$75.00
Consecutive Session Repeaters	
6 OR 12 weeks	Free
Product Cost	
Each Week	\$63.00

### **Topics Covered:**

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|---|---|
| <ul style="list-style-type: none"> <li>• The Power of Protein</li> <li>• Nutrition Label Reading and Portion Distortion</li> <li>• Goal Setting and Motivation #1</li> <li>• Carbohydrates, Sugars and Fiber</li> <li>• Fitting in Fitness</li> <li>• Fats</li> </ul> | <ul style="list-style-type: none"> <li>• Mindful Eating</li> <li>• Grocery Shopping 101</li> <li>• Transitioning and Habits</li> <li>• Dining Out</li> <li>• Stress Management and Sleep Deprivation</li> <li>• Goal Setting and Motivation #2</li> </ul> |
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<b>Name:</b>	<b>Medical Record #:</b>	<b>Email:</b>
<b>Diets you have tried:</b>		<b>Best phone #:</b>
<b>Desired weight to lose:</b>	<b>Current HT/WT:</b>	<b>Number of weeks for program:</b>