Weight Smart Program

The ChristianaCare Weight Management center offers the Weight Smart program to help you achieve weight loss and be healthier.

Starting February 22, 2021
5:00-6:00 PM Via Zoom

Weight Smart is a 12-week interactive weight-loss program designed to help people lose weight while learning the skills needed to keep it off. The focus is on long-term solutions and lifestyle change, not a diet or a quick fix.

The first and last session will be held individually, in person, with one of our registered dietitians. The remaining 10 weeks will be held virtually via Zoom in a group setting.

Weekly classes are led by a Registered Dietitian and a Community Educator who will work with you to develop an eating and fitness plan that you can live with. Classes includes:

- Strategies to achieve your weight-loss goals.
- Guidance on how to develop healthier eating and physical activity habits.
- A plan to keep the weight off over the long run.
- Ongoing feedback, monitoring, and support.

The cost of the Weight Smart program is $182 which includes all class materials.

*additional charges may apply depending on copayment for dietitian visits according to your insurance

ALL participant MUST make an appointment with the registered dietitian prior to the first class for their initial assessment and to get the course materials.

ChristianaCare employees ONLY: this program qualifies for the ChristianaCare’s $100 Annual Fitness Reimbursement benefit.

FOR MORE INFORMATION CALL TODAY! 302-623-3475 – option 2