

# 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**

---