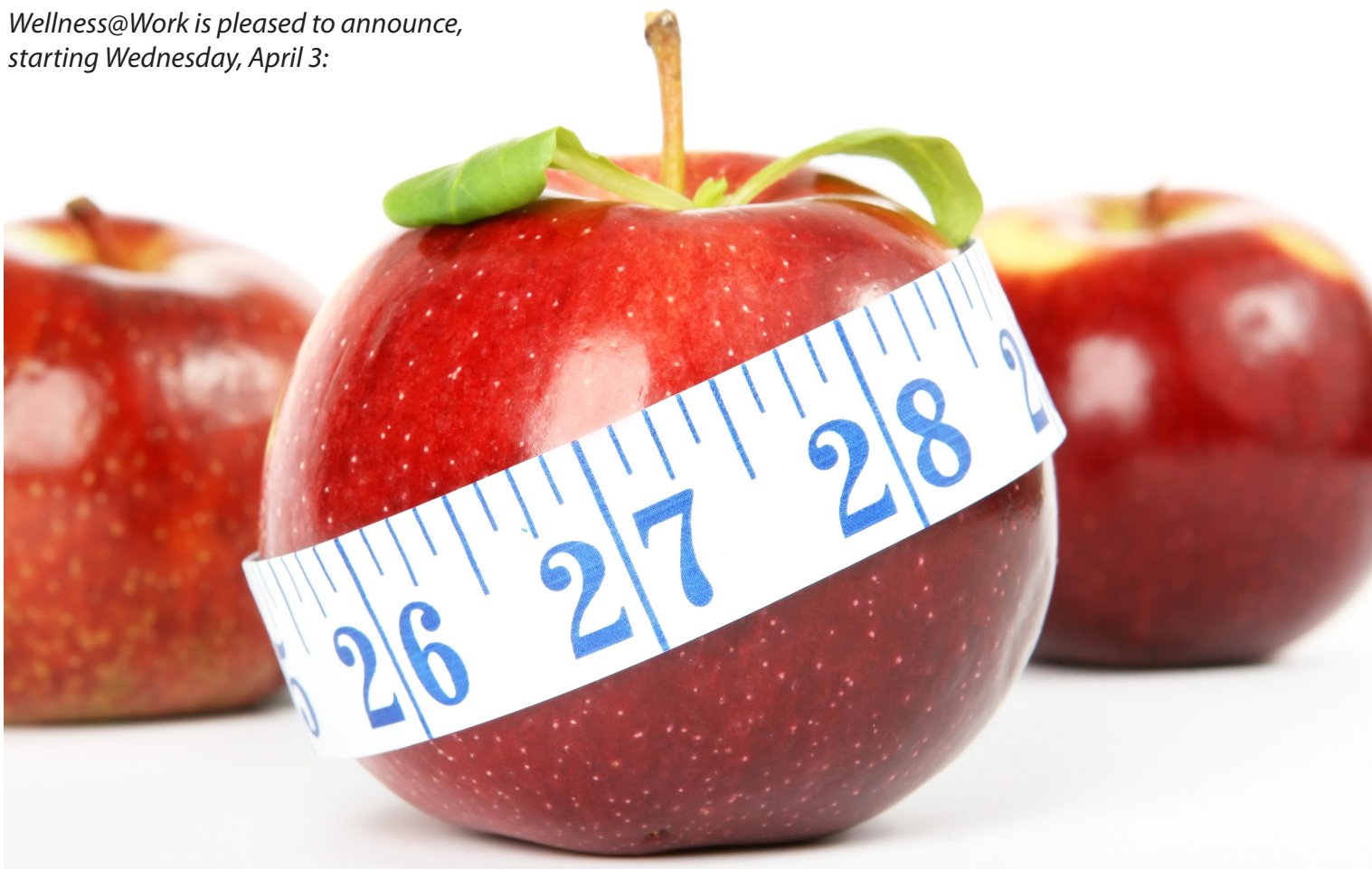


Wellness@Work is pleased to announce,
starting Wednesday, April 3:



Work Your Weigh to Wellness

A 12-week program using a non-diet approach to help you reach your weight loss goals.

Led by Lana Nasrallah, the Wellness@Work Dietitian/Nutritionist.

Classes will be held on Wednesdays from 12 to 1pm at Hargraves Community Center.

Dates:

- Orientation, Wednesday, April 3
- Classes begin Wednesday, April 10 & continue through Wednesday, June 26

Work your Weigh to Wellness Program Highlights:

- **Learning:** Weekly education on essential nutrition topics, healthy eating habits & physical activity guidelines
- **Goal setting:** Identify wellness goals & weekly goal setting
- **Accountability:** Weekly weigh-in & follow-up on goals
- **Assessment:** Pre- and post-assessment on individual eating habits & weight changes
- **Group support:** Group discussions to encourage peer motivation & support
- **Online platforms:** Food & exercise tracking applications & virtual weight loss support network

Want more information? Check the Wellness@Work website (chapelhillwellnessatwork.org) for more details on class topics & program activities

How do I sign up? Contact Liska Lackey at llackey@email.unc.edu or 919-968-2796



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