



WORK YOUR WEIGH TO WELLNESS

Wellness@Work is pleased to announce, starting Wednesday, September 23:

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

Dates:

- Classes begin Wednesday, September 23 and continue through Wednesday, December 16
- Classes will be held on Wednesdays from 12:15 to 1:00 pm through Webex.

Want more information? Check the Wellness@Work website for more details on class topics and program activities.

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



wellness@work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

PROGRAM HIGHLIGHTS

LEARNING

Weekly education on essential nutrition topics.

SKILL DEVELOPMENT

Identifying your skill gaps, and developing and refining these skills.

GROUP SUPPORT

Group discussions encouraging peer motivation and support.

PROGRAM INSTRUCTOR

Wellness@Work
Dietitian/Nutritionist
Lana Nasrallah