



Duration & Length: 10 week program, 30-60 minutes

Location: Virtual

Focus: Weight management through nutrition education, mindful eating practice, self-directed measurable goals, and personal accountability.

Participation: 7 of 10 classes for completion of course

Contact: eatwell@ccf.org

Class Topic Schedule:

CLASS NAME	DESCRIPTION
Week 1: Introduction	-Welcome & program review -Initial weight -Healthy body composition and contributors to weight status -Introduce tracking & SMART goals -Mindful eating: overview & assessment
Week 2: Healthy Food Choices & Portions	-CCF healthy plate -Healthy food and beverage choices -Portion sizes at dinner -Rethink your drink -Mindful eating: Seven skills of the mindful eater
Week 3: Planning for Success	-Grocery shopping and meal planning -Organizing home pantry and refrigerator -Recipe modifications -Meal timing and smart snacking -Mindful eating: Snacking mindfully
Week 4: Protein & Produce	-Role of protein in the diet & how much -Promoting satiety: fiber, protein, volume -Tips for incorporating more produce -Mindful eating: Using the hunger scale
Week 5: The Skinny on Fat	-Role of fat in the diet & how much -Fats to choose and fats to limit -Caution: low fat processed foods, what are you getting instead of fat? -Mindful eating: The effect of autopilot and distraction on eating
Week 6: The Truth about Carbs	-Role of carbohydrates in the diet & how much -Refined vs whole grain -Hidden carbohydrates: added sugars -Mindful eating: Pace don't race, strategies for slowing down and enjoying food
Week 7: Reading Labels	-Reading a food label and ingredients list -Limiting added sugars and salt -Mindful eating: How do emotions affect eating? Self-soothing without food.
Week 8: Special Occasions	-Making healthy choices at restaurants & decoding menus -Special occasions and eating during the holidays -Mindful eating: Identifying overeating cues
Week 9: Eat Well Lifestyle	-Lifestyle factors: sleep, stress, activity -Behaviors of those who lose weight and maintain healthy body weight -Motivation -Preventing relapse & getting back on track -Mindful eating: staying on track
Week 10: Long-term Strategies to Manage Weight	-Review of topics -Tips to keep the weight off -Mindful eating review: assessment



What is Eat Well? Do I qualify to participate? Eat Well is a weight management program that is currently open to Employee Health Plan members with a BMI of at least 27 (or BMI of at least 25 for repeaters of the program).

How do I register for Eat Well? Email EatWell@ccf.org. Provide your full name, birthday, and desired location.

What is the time commitment for Eat Well? There are ten weekly classes, and each class is 30-60 minutes long (duration depends on location and facilitator).

What topics will be covered? Healthy food choices and portion sizes, mindful eating, personal accountability and goal setting, sleep, physical activity and stress management.

I am unable to make all 10 classes, what should I do? The program requires attendance at 7/10 of the group classes. Once registered, communicate with your group leader regarding classes you will be unable to attend.

Where are Eat Well Classes held? Eat Well is held at various locations throughout the Cleveland area, including Main Campus, various Family Health Centers (Lorain, REJ Avon, Independence, Willoughby Hills, Wooster), the Cleveland Clinic Administrative Campus (CCAC) in Beachwood, the Business Operations Center (BOC) in Independence, the South Medical Office Building in Medina, the Solon Call Center, South Point Hospital, Lutheran Hospital, and the Fairview Moll Cancer Pavilion. Email eatwell@ccf.org for a current class schedule and list of locations.

Do I have to go to the same location every week? Yes, you will attend the same location every week.

Who runs the class? All of your weekly meetings will be run by the same Registered Dietitian.

How many people will be in my class? Between 4 and 14 (typically between 8 and 12).

Can I take Eat Well more than one time each year? If you are compliant with the program (attend at least 7 of 10 classes) and remain on EHP, you can take Eat Well up to one time each Quarter. There are four Eat Well Quarters each year: Fall Quarter (Oct-Dec), Winter Quarter (Jan-March), Spring Quarter (April-June), and Summer Quarter (July-September). This means you could attend Eat Well up to 40 weeks out of the year!

Is group weight management for me? Group weight management is a great place to receive support from people who have a shared common goal of improving their health. Social support can be effective in promoting long term weight management. Information shared within the group is confidential.