

Schedule for the Virtual Eat Well Program

Fall Quarter 2020

Day of Week	Start Date-End Date (please note skipped dates)	Time	Max Class Size	Dietitian Facilitator
Thursdays	October 1 – December 17 (no class 10/29 or 11/26)	12:00-12:45p	8	Anna
Thursdays	October 1 – December 10 (no class 11/26)	7:15-8:00a	8	Andrea
Tuesdays	October 13 – December 15	12:00-12:45p	8	Gillian
Wednesdays	October 14 – December 16	8:00-8:45a	8	Lisa
Wednesdays	October 14 – December 16	9:00-9:45a	8	Lisa
Wednesdays	October 7 – December 16 (no class 11/25)	12:00-12:45p	8	Joyce

Virtual Eat Well Eligibility Criteria:

- BMI of 27 or above (*BMI criteria may be waived for past participants of Eat Well who have achieved a lower BMI*)
- Enrolled in Employee Health Plan (*Both employees and spouses on EHP are eligible*)
- Enrolled in MyChart, access to high-speed Internet during appointment time, and willing to email weights to dietitian facilitator with attached photo of scale reading every week (10 week program); able to commit to attending at least 7 of 10 classes

Meet the eligibility criteria? Email eatwell@ccf.org to get scheduled.

Please confirm you meet all three criteria, identify your preferred class session, and include your birthday and full name.