

Eat Well ... and feel better TODAY!

The Center for Human Nutrition will continue to offer the EHP-approved group weight loss program **EAT WELL**.

Program Focus: Weight management through nutrition education, mindful eating, personal goal-setting and accountability, and group support.

Class Details:

- Led by a CCF Registered Dietitian
 - 10 weeks of weekly classes with private weigh-ins
- Small groups of up to 14 participants
- 30-60 minutes of class each week
- Offered at various locations throughout the Cleveland area

Program Participation Requirements:

- For EHP compliance, participants must attend at least 7 of the 10 Eat Well classes

Eat Well Eligibility Criteria:

- BMI of 27 or above*
- Enrolled in Employee Health Program **

**BMI criteria may be waived for past participants of Eat Well who have achieved a lower BMI*

***Both employees and spouses on EHP are eligible. Your COB (Coordination of Benefits) must be completed for the year before you can schedule*

Meet the eligibility criteria?

Email eatwell@ccf.org to get scheduled

Please mention your preferred location/area, full name, and birthday