

Schedule for the Eat Well Program

Fall Quarter 2019

Location (City)	Day of Week	Start Date-End Date (please note skipped dates)	Time	Classroom	Max Class Size	RD Facilitator
Moll Cancer Pavilion (Fairview Park)	Thursdays	10/3-12/19 (no class 10/24 or 11/28)	12:00-1:00p	Basement suite 102-B	8	Anna
BOC – Business Operations Center (Independence)	Wednesdays	10/9 – 12/18 (no class 11/27)	7:30-8:15a	RK1-200-B1-CONF	12	Lisa
Independence Family Health Center (Independence)	Tuesdays	10/8-12/17 (no class 12/10)	5:45-6:30p	6-131	12	Mira
Medina – Medical Office Building South (Medina)	Wednesdays	10/2-12/4	12:00-12:45p	MGS1-105	10	Gillian
Main Campus (Cleveland)	Thursdays	10/3-12/12 (no class 11/28)	12:00-12:30p	Ab4 conference room	8	Erin
Main Campus (Cleveland)	Thursdays	10/3-12/19 (no class 10/10 or 11/28)	2:00-3:00p	M61 conference room	8	Lauren

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*)

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

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