

## Schedule for the Eat Well Program

Winter Quarter 2020

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	1/9-3/12	12:00-1:00p	Basement suite 102-B	8	Anna
BOC – Business Operations Center (Independence)	Wednesdays	1/8-3/11	7:30-8:15a	RK1-200-B1-CONF	12	Lisa
CCAC - Cleveland Clinic Administrative Campus (Beachwood)	Wednesdays	1/8-3/11	9:00-9:30a	AC2-1-140  (AC2-3-331 on 1/22)	12	Lisa
South Pointe Hospital (Warrensville Heights)	Thursdays	1/9-3/12	3:30-4:15p	2 North Classroom	10	Joyce
Independence Family Health Center (Independence)	Tuesdays	1/14-3/17	5:45-6:30p	6-131	12	Mira
Richard E. Jacobs Family Health Center (Avon)	Thursdays	1/9-3/19 (no class 1/30) <b>THIS IS A WALK &amp; TALK CLASS</b>	12:00-12:30p	Check in at Family medicine desk on 4 <sup>th</sup> floor REJ	6	Andrea
Medina – Medical Office Building South (Medina)	Tuesdays	1/7-3/24 (no class 1/14 or 2/11)	12:00-12:45p	MGS1-105	10	Gillian
Main Campus (Cleveland)	Thursdays	1/16-3/19	12:00-12:30p	Ab4 conference room	8	Erin
Main Campus (Cleveland)	Thursdays	1/16-3/26 (no class 2/6)	2:00-3:00p	M61 conference room	10	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](mailto:eatwell@ccf.org) to get scheduled.**

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