Weight Management Classes

Jump Start Your Behavior Change

What is it:
• Six weekly small group classes taught by a Registered Dietitian
• One hour each

Cost: $250
• Meal Replacement products are additional costs

Classes held via Zoom

You will learn:
• Managing food triggers
• How to recognize fullness cues and eat mindfully
• How to use meal replacement products to help aid weight loss

Tools For Weight Loss Success

What is it:
• Six weekly small group classes taught by a Registered Dietitian
• One hour each

Cost: $250
• Meal Replacement products are additional costs

Classes held via Zoom

You will learn:
• Understanding the importance and role of proteins
• Tips for dining out
• New recipes and food preparation techniques
• How to increase your physical activity levels

Open Registration
Space is limited
15 registrations per class

Contact Us For More Information
302-623-3475 (press option #2)

ChristianaCare offers 3 one-on-one support calls with our psychologist for both classes!