



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!

