



# ReShape U!

## HAVE YOU BEEN STRUGGLING TO LOSE WEIGHT OR MAINTAIN A **HEALTHY WEIGHT?**

The ReShape U! program can help you do it!

ReShape U! provides an affordable opportunity for education and support to help you change your eating habits and step out of the dieting/restricting mentality.

### Nutrition and Dietetic Services

Phone: 507-646-1410

Email: [dietitian@northfieldhospital.org](mailto:dietitian@northfieldhospital.org)

To learn more about ReShape U! call 507-646-1410 or visit [northfieldhospital.org/nutrition](http://northfieldhospital.org/nutrition)



### PARTICIPANTS SAY

"This is a supportive, educational environment that respects each individual's goals."

"A wonderful, realistic approach to weight loss...showed weight loss does not have to be overwhelming."

"This is the best weight loss program I've experienced. It not only gives support, but also provides very complete information on nutrition and the reasons behind eating. It is an exceptional opportunity."

"The program is very worthwhile. The instructors are informative, friendly and good communicators."

### 2019 DATES

#### WEIGHT LOSS SERIES

**Mondays, February 4 – April 8**

5:30 pm – 6:30 pm at Farmington Clinic  
(4645 Knutsen Drive, on highway 50)

**Thursdays, February 7 – April 11**

12 pm – 1 pm at Northfield Hospital  
(2000 North Avenue)

**Thursdays, March 14 – May 16**

5:30 pm – 6:30 pm at Northfield Hospital

**Thursdays, June 13 – August 22**

12 pm – 1 pm at Northfield Hospital

**Mondays, September 30 – December 2**

5:30 pm – 6:30 pm at Farmington Clinic

**Thursdays, September 26 – December 5**

12 pm – 1 pm at Northfield Hospital

#### SUPPORT GROUP

**Wednesdays**

12 pm – 1 pm at Northfield Hospital

\*Call for other times and locations.

# RESHAPE U! SERVICES

WEIGHT LOSS SERIES • WEIGHT LOSS SUPPORT GROUP • NUTRITION COACHING

## RESHAPE U! WEIGHT LOSS SERIES

This course consists of 10 one-hour sessions taught by our Registered Dietitian Nutritionists and is for anyone who wants to lose weight. They will talk about food, food dynamics and proven strategies for weight control, plus provide weigh-ins for those who want them. Cost is \$60.

### A variety of topics will be covered

- Mindful eating
- Portion sizes
- Effect of fat, sugar, sodium and fiber on your weight and health
- Exercise and hydration
- Addictive eating and role that hormones play
- Navigating special occasions and holidays

## RESHAPE U! WEIGHT LOSS SUPPORT GROUP

Started at the request of graduates of the Weight Loss Series, support group meetings help keep your weight loss momentum going.

Successes and challenges are shared and a topic is discussed at each meeting. Sessions are facilitated by a Registered Dietitian Nutritionist and meet weekly. Cost is \$75 for 3 months or \$30 per month.

## RESHAPE U! NUTRITION COACHING

We often know what we “should” be doing to eat healthier and live better, but we struggle to follow through. We will guide you through the process of achieving your nutrition and wellness goals. During the process, you and your coach, a Registered Dietitian Nutritionist, will determine what changes you can make, discuss successes and challenges, and create goals that are stepping stones to overall better health and well-being.

We offer different coaching packages to meet your needs. Initial coaching session is 1 hour and follow up sessions are 30 minutes. Cost is \$80/3 sessions or \$140/6 sessions.



### Is ReShape U! available to anybody in the community?

Yes, anyone wanting to improve their eating habits can participate. No referral is needed.

### Is ReShape U! covered by insurance?

ReShape U! is a low cost program participants pay for directly. We do not bill insurance for ReShape U! services.

### How is this different from other weight loss programs?

ReShape U! is not a quick fix, fad diet. It provides education and support to help you make lasting lifestyle changes.

### Who leads the ReShape U! program?

All ReShape U! services are led by one of NH+C's Registered Dietitian Nutritionists.

### How do I get started?

Call 507-646-1410 with questions or to register.

