



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, step out of the dieting mentality, and have a healthy relationship with food.

To learn more about ReShape U:

Phone: 507-646-1410

Email: dietitian@northfieldhospital.org

Web: northfieldhospital.org/reshape-u



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."

2021 DATES

CLASSES

See back for class dates and details.

SUPPORT GROUP

Wednesdays, 12 pm - 1 pm
Meets virtually

NUTRITION COACHING

By Appointment.
Call 507-646-1410 to schedule.

RESHAPE U SERVICES

CLASSES • WEIGHT LOSS SUPPORT GROUP • NUTRITION COACHING

RESHAPE U CLASSES

Classes are offered in 4 one-hour sessions taught by our Registered Dietitian Nutritionists and are for anyone who wants to change their eating habits to lose weight and improve their health.

Awaken Awareness to Mindful Eating and Changing Habits

Mondays, March 1, 8, 15, 22

5:30-6:30 PM

4 classes, Meets virtually

Find Balance with Protein, Carbohydrates, and Fat

Mondays, April 26, May 3, 10, 17

5:30-6:30 PM

4 classes, Meets virtually

Putting it Together with Meal Planning

Mondays, June 21, 28, July 12, 19

5:30-6:30 PM

4 classes, Meets virtually

The cost of each 4-class series is \$36.

RESHAPE U WEIGHT LOSS SUPPORT GROUP

Support group meetings help keep you on track with building healthy habits. Successes and challenges are shared and a topic is discussed at each meeting. Sessions are facilitated by a Registered Dietitian Nutritionist and meet weekly.

The cost is \$75 for 3 months or \$30 per month.

RESHAPE U NUTRITION COACHING

Our nutrition coaches are Registered Dietitian Nutritionists who provide education and accountability to help you meet your health goals. We offer different coaching packages to meet your needs. The initial coaching session is 1 hour and follow up sessions are 30 minutes.

The cost is \$120 for 3 sessions or \$195 for 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.

