



Eat Right For Life

Healthy Habits for a Healthy Life

Safe and sustainable nutrition tips for weight loss and health



QUALITY EDUCATION

- 4 virtual group sessions
- Led by a Registered Dietitian
- Nutrition
- Weight Management



OBJECTIVES

- Balance nutrients for weight loss
- Manage cravings and stress eating
- Meal planning, grocery shopping, eating out
- Effects of sleep and stress on weight loss



INDIVIDUAL SUPPORT

- Meets the nutrition requirement for FEP
- Goal Setting
- Healthy Habits
- Accountability
- Food Tracking

Multiple virtual classes weekly:
Call for availability today!

All classes are facilitated by a Registered Dietitian.

Our goal is to help you improve your quality of life.
To register or for more information call (619) 532-7764

