



CareHere![®] Weigh 2 accelerated

Have you already participated in the CareHere Weigh Program but want to learn more? If your answer is yes, then CareHere Weigh 2: Accelerated is the program for you!



Join us for the CareHere Weigh 2: Accelerated program starting in April.

The first class, entitled *Dieting Myths Busted* will be held on:

April 4th • 5:30-6:30pm CT or

April 6th • 11:00am-12:00pm CT

The following classes will be held on from Mondays 5:30-6:30pm CT and on Wednesdays from 11:00am-12:00pm CT on the dates listed below:

Fitness Topics and Trends

April 11th and 13th

Nutritional Supplements

April 18th and 20th

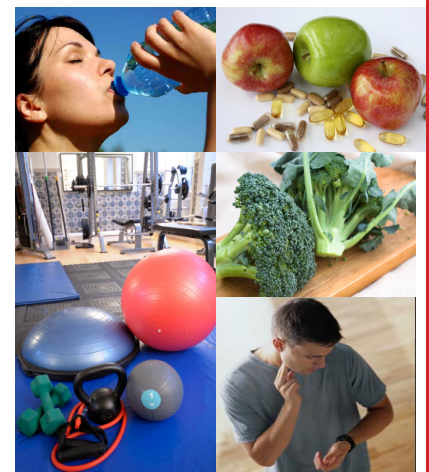
SuperFoods

April 25th and 27th

Heart Rate Training Zones

May 2nd and 4th

Information on how to join the webinar will be sent to you after you register.



If you are interested in attending this series of classes, please register online by selecting CareHere Weigh 2: Accelerated program. To register, please go to www.carehere.com and log on with your user name and password. Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. You may also call 877-423-1330 to register.

Please note: ALL webinars and programs must be completed outside of work hours.



If you have any questions about this webinar series, you may contact wellness@carehere.com or call 877-423-1330.