

There is only one way to lose weight
and keep it off...

The
CareHere![®]
Weigh

Research shows that to maintain weight loss you must make
life-long eating and exercise habits.

CareHere will show you the way!

Rutherford County and CareHere

have joined forces to provide you with CareHere Weigh,
an 8-week weight management program that teaches you how
to balance your eating habits and exercise for a lifetime.

You will work with a registered dietitian, an
exercise physiologist and a social worker to create a
weight management program best suited for you.

The cost of this program is \$50, refundable if you attend
all the classes.

Join us on Thursday, March 25th at the Kick Off meeting to learn more
about the CareHere Weigh.

5:00-6:30p CDT

Location: Training Lab at Emergency Management (EMA)

The CareHere Weigh Class will then meet on the following dates:
April 13th, April 20th, April 27th, May 4th, May 11th, May 18th, May 25th
5:00-6:30p at the Emergency Management (EMA)

***Please note: Participants MAY NOT join programs during work hours.
All programs (and webinars) are to be completed outside of work hours.**

Please go to www.carehere.com to register and log on with your user name and
password. Click on Wellness Registration 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.

If you have questions, please contact CareHere Health Coach, Tracy Thompson by
e-mail at tthompson@carehere.com or call 615-866-0587.

