



## Nutrition & Wellness Workshops

*The licensed, registered dietitians at Brigham and Women's Faulkner Hospital are experts in the field of nutrition and weight management who will work with you to develop a program that fits your facility's needs.*

**CORE 4** is an 8-week comprehensive weight management program that combines nutrition education, physical activity and behavior modification. The program relies on proven scientific methods to train you to improve your eating habits and lifestyle choices—for good. You will learn about tools that will empower you to make healthy food choices. You will explore behavior modification and how mindful eating techniques can help increase your appreciation of food for more enjoyable eating experiences. Included in the cost are an individual nutrition assessment, weekly one-hour nutrition lectures by a registered dietitian, group support, and printed resources. There is a minimum requirement of 10 participants. Please contact us for pricing options.



**Lunchtime Lectures** are available at community sites or worksites. These last from 30-60 minutes and range in cost from \$99-\$129 depending on the time frame and topic. Educational handouts will be provided.

### *Topics include:*

- Weight Management
- Top Supermarket Food Finds
- Easy Nutritious Lunch Ideas for Your Office
- Eating for Heart Health
- Diabetes Nutrition
- Moving Towards a Plant-Based Diet
- Be Sodium-Savvy
- Fad Diets: What Works, What Doesn't?
- Debunking Common Nutrition Myths



**Customized Nutrition Workshops** are presentations given at your facility or at Brigham and Women's Faulkner Hospital during the day or in the evening. They are tailored to your topic choice and specific needs and last from 45 minutes to 1 1/2 hours. The cost will vary depending on the presentation and length.



**For more information** or to schedule a nutrition seminar, please contact Nancy Oliveira at the Nutrition Clinic at Brigham and Women's Faulkner Hospital at 617-983-4455.