

Choose to Lose

Forget FAD Diets! Choose to Lose® is the healthy eating program that allows you to make your own food choices to **LOSE WEIGHT!** During the 8-week program you will learn:

- How to choose a diet balanced in protein, fat and *healthy* carbohydrates
- How to eat out and make healthier food choices
- How to read food labels and food shop
- How to cook healthier
- Why aerobic exercise is essential

Included in the program:

- FREE percent body fat measurement
- Three program books (including cookbook)
- Weekly food record review from our Registered Dietitian

Call **560-8955** to register. The fee for this 8-week program is **\$175.00** per person (regular program) or **\$200.00** per person (PLUS program that includes a one-hour nutrition consult)

Food & Fitness Weight Loss Seminar

Are you tired of following diets to lose weight, only to regain what you lost plus more? During the fast-paced, 2-hour seminar, you'll learn how to lose weight and keep it off for good! **You'll learn:** How much protein, carbohydrate, and fat you need to eat to lose weight ☺ How to lose weight without feeling deprived ☺ How to read a food label ☺ How to plan meals and snacks (one week of menus provided!) ☺ How to order healthier foods when eating out ☺ How to cook healthier ☺ How to choose the best exercise. Many handouts are provided and recipes will be tasted during class.

Call **560-8955** to register. The fee for this 2-hour seminar is **\$35.00** per person.

Diabetic Dining Made Easy

Did you know that the foods you eat could help control your blood sugar? Did you also know that some food choices could send your blood sugar out of control? This class will show you how eating the right type of food will help keep you healthy and satisfied. Menus and recipes are provided. Classes are scheduled for the **first Wednesday morning of each month** from 9:30 a.m. – 11:30 a.m. Medicare covers this program for individuals who have diabetes with a written referral from their primary care physician. Other insurance plans may cover the cost, but check with your own plan. **Otherwise \$35.00 fee per person is due at class.**

FOR THIS CLASS ONLY, call 560-8950 to make an appointment for the class.

How do I get to VCU Women's HealthCare?

From Southside:

Exit Powhite Parkway onto Chippenham Parkway heading north toward the Willey Bridge. The last exit before the bridge is Stony Point Parkway. Exit right. At the end of the exit ramp, turn left at the traffic light onto Stony Point Parkway. The large white stucco building in front of you and towards the right is MCV Physicians. Women's HealthCare is on the left side of the first floor overlooking the lake.

From the West End:

Follow Parham Road across the Willey Bridge. South of the bridge, Parham Road becomes Chippenham Parkway. Take the second right exit for Stony Point Parkway. At the end of the exit ramp, turn left at the traffic light onto Stony Point Parkway. Go through another traffic light. The white stucco building at the end of the street right is MCV Physicians. Women's HealthCare is on the left side of the first floor overlooking the lake.

From Downtown:

Take the Powhite Parkway south crossing the James River. Pass through the tollbooth, then exit right onto Chippenham Parkway North. Follow the Southside directions above.

“Located at the opposite end of the Parkway from Stony Point Fashion Park”

2007 CLASSES

Nutrition & Health Classes 2007

For more information, or to obtain brochures for the classes, contact **Mary-Jo Sawyer, RD, instructor, at 327-8830 or msawyer@mcvh-vcu.edu.**

January 2007

1/3/07: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.

1/15/07: **Lean 'N Easy Cholesterol Lowering Diet Class**- Monday Evening, 7:00 – 9:00 p.m.

1/16/07: **Lean 'N Easy Cholesterol Lowering Diet Class**- Tuesday Morning, 9:30 – 11:30 am

1/29/07: **Choose to Lose Healthy Eating 8-week Weight Loss Program**: 7:00 – 9:00 p.m. Mon. evenings for 8 weeks: 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, and 3/19.

February 2007

2/7/07: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.

March 2007

3/7/07: **Diabetic Dining Made Easy-** Wednesday morning, 9:30 a.m. – 11:30 a.m.

3/13/07: **Lean 'N Easy Cholesterol Lowering Diet Class-**Tues. Morning, 9:30 – 11:30 a.m.

3/15/07: **Food & Fitness Weight Loss Seminar-** Thursday Evening, 7 – 9 p.m.

3/20/07: **Food & Fitness Weight Loss Seminar-** Tues. Morning, 9:30 – 11:30 a.m.

April 2007

4/2/07: **Food & Fitness Weight Loss Seminar-** Monday Evening, 7-9 p.m.

4/3/07: **Food & Fitness Weight Loss Seminar-** Tues. morning, 9:30 – 11:30 a.m.

4/4/07: **Diabetic Dining Made Easy-** Wednesday morning, 9:30 a.m. – 11:30 a.m.

4/23/07: **Lean 'N Easy Cholesterol Lowering Diet Class-** Monday Evening, 7-9 p.m.

4/24/07: **Lean 'N Easy Cholesterol Lowering Diet Class-**Tues. Morning, 9:30 – 11:30 a.m.

4/30/07: **The First Step Program-** Four-week walking program with step pedometer. Monday evenings for four weeks, 7:00 –9:00 p.m.: 4/30, 5/7, 5/14, and 5/21.

May 2007

5/1/07: **The First Step Program-** Four-week walking program with step pedometer. Tuesday mornings 9:30 – 11:30 a.m. for four weeks: 5/1, 5/8, 5/15 and 5/22.

5/2/07: **Diabetic Dining Made Easy-** Wednesday morning, 9:30 a.m. – 11:30 a.m.

5/17/07: **Food & Fitness Weight Loss Seminar-** Thursday Evening, 7 – 9 p.m.

5/23/07: **Food & Fitness Weight Loss Seminar-** Wed. morning, 9:30 –11:30 a.m.

June 2007

6/4/07: **Food & Fitness Weight Loss Seminar-** Monday Evening, 7-9 p.m.

6/5/07: **The First Step Program-** Four-week walking program with step pedometer. Tuesday mornings 9:30 – 11:30 a.m. for four weeks: 6/5, 6/12, 6/19 and 6/26.

6/6/07: **Diabetic Dining Made Easy-** Wednesday morning, 9:30 a.m. – 11:30 a.m.

6/11/07: **Food & Fitness Weight Loss Seminar-** Mon. morning, 9:30 – 11:30 a.m.

INDIVIDUAL NUTRITION COUNSELING is also available for those who desire to have a one-to-one session with our **Registered Dietitian**. The first one-hour session is \$65.00, and ½ hour follow-up sessions are \$35.00. While some insurance plans cover this service, please consult your plan to determine coverage. **Otherwise, payment is expected at time of service.** Call our main number at **560-8950** to schedule an appointment for this service.

Class Descriptions:

Lean 'N Easy

Learn how to lower your cholesterol and ***enjoy*** the food you eat! During the first hour of the class you'll learn about your lipid profile numbers, and how to select the best foods to reduce them. Discussion of grocery shopping, eating out, and other lifestyle changes will help you put these changes into practice. During the second hour of the class, you'll view an entertaining video showing one man's experience with trying to lower his cholesterol. It demonstrates low fat cooking methods. Then, you'll be able to taste some recipes to see that heart healthy eating can be delicious!

Call **560-8955** to register. The fee for this 2-hour seminar is **\$35.00** per person.

First Step Walking Program

Calling all *Couch Potatoes*... Do you want to lose weight, improve health or reduce health risks? Then this is the right program for you! It is an EASY walking program that gets you to increase the number of steps you take each day. This type of program is *ideal for the inactive, or non-exercisers* as a beginning program. Current walkers can learn if they need to increase their activity further to reduce their health risks.

What's included in the program?

- * *Deluxe step pedometer*
- * Pocket program booklet
- * 4 weekly group sessions
- * Weekly group walks (10, 20 or 30 minutes)
- * Website for follow up and step trackers

Call **560-8955** to register. The fee for this 4-week program is **\$45.00** per person.