

Nutrition, Movement & Mindfulness

February 2021 – Heart Health Month!

The EDGE Preventative Care team is excited to share more virtual wellness opportunities! We are dedicated to providing effective and evidence-based programs to help you focus on your health and wellness.

Virtual HealthyCARE™ 90 Day Program

A comprehensive wellness program designed to enrich your life and health. Guided by a Nationally Certified Health Coach, over the course of 13 weeks, you will learn the fundamental aspects of fitness, nutrition, stress management, and behavior modification.

“This program taught me so much about nutrition, labels, living a healthy lifestyle, and overall health, that I would encourage anyone who has a chance to participate to sign up for this program. You won’t regret it!” – Graduate



HealthyCARE™
THE 90 DAY PROGRAM
Fitness • Nutrition
Behavior Modification
Stress Management

Program Start Date: Wednesday, February 24th – May 19th, 12-1pm Virtually via ZOOM

Cost: \$113 with BCBSVT plan/\$117 with Cigna plan (originally \$499) *Contact us if you have another insurance provider to verify your benefits in advance.

To learn more [CLICK HERE](#).



FREE Webinar **Nutrition, Movement & Mindfulness to Improve Heart Health**

February is Heart Health Month! Join our EDGE Preventative Care team for this 1 hour webinar focusing on ways to support your heart health through nutrition, exercise, and mindfulness!

Thursday, February 25th from 12-1pm via ZOOM

[CLICK HERE](#) to REGISTER

In Body Scan & Tele Nutrition

Learn what your body is made of through the In Body Scan. The In Body is a medical grade device which provides you information on your body composition, metabolism, hydration levels, and much more. Book a 5-minute in person scan at The EDGE and follow up with our Registered Dietitian via tele nutrition to review your results and gain recommendations to meet your wellness goals.

Fully covered by BCBSVT and Cigna

Book via genavix@edgevt.com.



FREE Webinar – Creating Sustainable Habits!

Monday, February 15th 12-1pm via ZOOM

Back by popular demand! Those who attended our January webinar focusing on tools to create sustainable habits suggested offering this again!

“Outstanding presentation and content! Well worth my one hour of time, thank you! – Previous Participant

[CLICK HERE](#) to REGISTER!

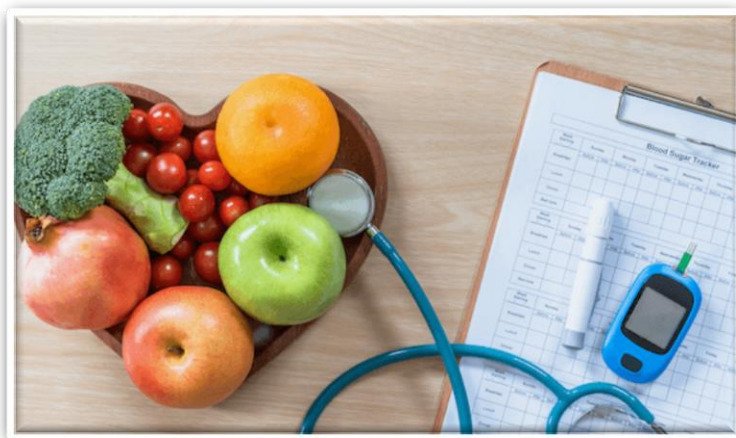
Next Steps Diabetes Program

Join us for a comprehensive 8-week program focusing on the positive impact of nutrition and exercise to improve Type II Diabetes. Through the support of your peers, a Registered Dietitian, and an exercise specialist, you will gain the knowledge, guidance, and confidence to improve your health. FREE 8 Week EDGE Membership Included!

Program Start Date: Monday, February 8th – March 29th, 12-1pm

Cost: 100% covered by MOST Insurance Plans (with Type II Diabetes Diagnosis)

To learn more [CLICK HERE](#).



Please contact us at genavix@edgevt.com or call 802-951-2320 with any questions or to reserve your spot in any of our programs.