

THE EDGE *Preventative*
CARE

Powered by THE EDGE Total Health Network

Fall 2021 Wellness Program Guide



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.

Virtual Program Date:

Monday, September 13th – December 6th from 12-1pm

IN PERSON Program (Includes Guided Exercise):

Tuesday, August 31st – November 23rd 5:30-7:30pm

or

Thursday, September 23rd 5:30-7:30pm
(Both Program Dates Held at South Burlington EDGE)



Insurance May Cover Much of the Cost:
For More Information Email genavix@edgevt.com or call
802-951-2320

To learn more [CLICK HERE](#).

EDGE Next Steps Diabetes Program

Join us for a comprehensive 8-week **IN PERSON** 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.

Program Date (In Person):

Monday, September 20th – November 8th

530-630pm at the South Burlington EDGE



Covered 100% with Type II Diabetes Diagnosis by Most Insurance Providers

To learn more **[CLICK HERE.](#)** | To Reserve Your Spot Email **genavix@edgevt.com**

Virtual Food & Mood Program

Join our EDGE Registered Dietitian for this comprehensive program focusing on supporting your mental health and well-being through nutrition. This program includes weekly group educational sessions along with three 1-on-1 tele nutrition sessions.

Program Date (Virtual):

Thursday, September 9th – October 28th

Or

Tuesday, October 5th – November 23rd

12-1pm via ZOOM



\$80 with Most Insurance Plans

To learn more [CLICK HERE](#) | To Reserve Your Spot Email genavix@edgevt.com

Pediatric & Family Nutrition

The EDGE Preventative Care is committed to the health and well-being of the whole family. Our integrative clinical Registered Dietitians will support children and families through nutritional recommendations that are customized for each individual.

Areas of Specialty:

- Nutrition to Improve Mental Health
- Food Allergies or Sensitives
- Anti-inflammatory Diet
- Digestive Health
- Managing Chronic Conditions
- Mindful Eating
- Eating Disorders
- Meal Planning & Preparing
- Weight Management



Covered by Most Insurance Providers

***Now Offering In Person and Tele Health
Appointments***

***To Book an Appointment Email
genavix@edgevt.com or call 802-951-2320***

Free Wellness Webinars

Join our EDGE Preventative Care team for these engaging wellness webinars focusing on ways to improve your health and well-being.

Back to School Lunch Prep Webinar

Friday, August 20th 12-1230pm via ZOOM

Join us for this engaging discussion with our EDGE Registered Dietitians on prepping healthy snacks and lunches for kids transitioning back to school!

[CLICK HERE](#) to REGISTER!



The Benefits of Exercise to Manage Type II Diabetes

Friday, September 10th 12-1pm via ZOOM

Join us for this engaging discussion around the science and benefits behind exercise to manage Type II Diabetes! Presented by Certified Exercise Physiologist, Nicole Williams.

[CLICK HERE](#) to REGISTER!



Free Wellness Webinars

Join our EDGE Preventative Care team for these engaging wellness webinars focusing on ways to improve your health and well-being.

Seasons of Change: Navigating New Routines and Building New Healthy Habits

Monday, September 13th 12-1pm via ZOOM

Join us for this engaging discussion with our EDGE Preventative Care team focusing on managing the stress of changing routines and how to prepare yourself to build new habits into the Fall!

[CLICK HERE](#) to REGISTER!



Overcoming Barriers to Exercise

Friday, September 24th 12-1pm via ZOOM

Are you finding it challenging to fit exercise into your weekly routine? Learn ways to overcome barriers to making exercise a habit. Get the most out of your exercise through strategies reviewed and walk away with a basic stretching routine you can do at your desk.

[CLICK HERE](#) to REGISTER!

