



Wellness Program Guide

Fall of 2022



HealthyCARE 90 Day Program

A 13-week group wellness program that includes nutrition counseling, health coaching for lifestyle change, mindfulness for stress management, and group fitness with certified instructors.

VIRTUAL Programs (Fully Remote):

Wednesday, August 31 – November 30 from 12:00-1:00p

Wednesday, October 12 – January 25 from 12:00p-1:00p

IN-PERSON Programs (Include Group Fitness):

Monday, September 12 – December 12 from 5:30-7:30p

Thursday, October 20- February 2 from 5:30-7:70p

(All programs held at the South Burlington EDGE)



Most health insurers partially cover this program! For more information, email genavix@edgevt.com or call 802-951-2320.

To watch a short video about this program, [CLICK HERE](#).

HealthyCARE Alumni Program

A 7-week group wellness offering for graduates of the 90-day program. Get motivated for a healthy lifestyle reboot with the same health coaching and nutrition counseling you grew to love in the first program. Alumni Plus programs also offer group fitness.

IN-PERSON Alumni Plus (Includes Group Fitness):

Thursday, September 8 – October 20 from 5:30-7:30p
Wednesday, October 26 – December 14 from 5:30-7:30p
(All programs held at the South Burlington EDGE)

VIRTUAL Alumni (Fully Remote):

Tuesday, October 25 – December 6 from 12:00p-1:00p



Most health insurers partially cover this program! For more information, email genavix@edgevt.com or call 802-951-2320.

Virtual Food & Mood Program

Join an EDGE Registered Dietitian for this 6-week program focusing on supporting your mental health and well-being through nutrition. This program includes weekly group educational sessions along with 3 one-on-one tele-nutrition sessions.

VIRTUAL Food & Mood (Fully Remote):

Thursday, October 13 – November 17 from 12:00-1:00p



“I would recommend this class to anyone. It's so worth the investment. It's our health we're talking about here, and this class covers mental health, too, which is not covered often in classes about diet and nutrition.”

Most health insurers partially cover this program! For more information, email genavix@edgevt.com or call 802-951-2320.

To watch a short video about the program, [CLICK HERE](#).

FREE Behavior Change Webinar Series

Join Linda Rosenthal, Behavior Change Specialist, for a 4-part webinar series covering topics in lifestyle change. Better understand your mood and decision-making processes to improve your health. This series is not continuous, so you can attend all sessions or just one.

Are you ready for change?

Friday, September 16, 12:00-1:00p

Identify your undesired behaviors and assess your bandwidth for change.

To register, click [here](#).



Creating Awesome Habits

Friday, October 14, 12:00-1:00p

How to get from where you are now to where you want to be.

To register, click [here](#).

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Navigating the Holidays Mindfully and Healthfully

Friday, November 11, 12:00-1:00p

Set yourself up for success amidst holiday craziness!

To register, click [here](#).



How to set sustainable New Year's Resolutions

Friday, December 16, 12:00-1:00p

The common pitfalls of the New Year and how to change your experience.

To register, click [here](#).

Diabetes Next Steps Program

An 8-week program focusing on the positive impact of nutrition and exercise on 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.

IN-PERSON Program:

Tuesday, September 27 – November 15 from 5:30-6:30p
(Held at the South Burlington EDGE)



If you have a Type II Diabetes diagnosis, this program is 100% covered by most insurance providers!

For more information, email genavix@edgevt.com or call 802-951-2320.

To learn more about this program, [CLICK HERE.](#)

Nutrition Counseling

The EDGE offers one-on-one nutrition counseling with a Registered Dietitian, membership not required! This service is covered by most health insurers and can help you improve your relationship with food.

**Did you know most health insurers cover
3 nutrition counseling sessions?**

Our licensed providers can help you with:

- Intuitive eating & weight management
- Grocery shopping & meal planning
- Finding healthy foods you like



**For more information or to schedule an appointment,
contact genavix@edgevt.com or 802-951-2320.**

WellCheck Screenings

A biometric screening of cholesterol and blood glucose levels and an InBody scan of fat and muscle mass. Use these key details about body composition to track your health and fitness progress.

WellChecks are FREE OF CHARGE if you follow up with an EDGE Registered Dietitian!

- A \$75 value, free of charge when you see an RD
- RD appointments are covered by most insurers
- Better understand your WellCheck numbers



For more information or to schedule an appointment, contact genavix@edgevt.com or 802-951-2320.