

## **Refresh Your Resolves: 28-days to better health**

*A journey all about showing up for yourself and recommitting to your goals.*



As we continue to navigate these hard times, let's meet and support each other to get back on track with our health goals. Each week we will meet virtually in small groups led by your Wellness Dietitian Ana Evans for an inspiring and supportive time that sparks transformation, positivity and overall improved wellbeing.

**Who:** NHRMC employees and dependents seeking to refresh the health-related resolved they made for 2020 before the interruption and stressors of Covid-19.

**What:** This all-levels program is designed to provide practical tools and support you may need to establish and maintain better nutrition and self-care habits once and for all. Includes:

- **Weekly email** with simple and budget-conscious “eat clean” meal plan, recipes and shopping list
  - **Live\* weekly mini webinars** by Registered Dietitian on the following topics:
    - Week 1: Foundations of Self Care
    - Week 2: Basics of Good Nutrition
    - Week 3: Building a Healthy Relationship with Food
    - Week 4: Success beyond this journey
- \* Webinars to be recorded in case your schedule doesn't permit you to attend them live.*
- **Weekly virtual meeting with your Wellness Dietitian and preassigned accountability group**
  - **Weekly food diary feedback** from Wellness RD (optional)

**Where:** All sessions will be virtual through Zoom platform

**When:** July 20<sup>th</sup>-August 16<sup>th</sup>

- Sign up by July 16<sup>th</sup>; receive program details and meet your virtual group on July 17<sup>th</sup>
- Meet your coach and accountability group: week of July 20<sup>th</sup>

**[SIGN UP HERE BY JULY 16<sup>TH</sup>!](#)**

