



HEALTHY YOU

WEIGHT MANAGEMENT AND MINDFUL EATING PROGRAM

Develop a healthy foundation for lifelong well-being in this 8-week lifestyle program! Class will meet weekly on Thursdays at 5:30pm, starting February 21st. Classes will be located in the CSU Health and Medical Center, 151 W. Lake St.

\$150

HEALTHY YOU PROGRAM ONLY

Larimer County Employees may be eligible for 100% reimbursement upon 75% completion of the program. Call for more information

\$250

HEALTHY YOU PROGRAM + RMR

This package includes our Healthy You program as well as a resting metabolic rate test, which determines how many calories you burn and need in a day using state-of-the-art technology in controlled lab conditions.

Program is eligible for Larimer County Employees to utilize the \$500 Lifestyle Education Reimbursement program.

**For more information, call or visit our website:
(970) 495-5916
nutritioncenter.colostate.edu**



**KENDALL REAGAN
NUTRITION CENTER**
COLORADO STATE UNIVERSITY