



New Groups Starting: October 2017

Healthy Heels Weight Loss Program

FREE & Confidential Program
for UNC Health Care Employees

 Weekly group coaching sessions

 Must have BMI >25

 **Sign up by taking this survey: goo.gl/ACG9BD**

A **FREE** service provided by: UNC Department of Family Medicine & UNC Health Care System



Current Group Times:

- Wednesdays, 4-5pm, Eastowne
- Thursdays, 1-2pm, Main Hospital

Questions?

Contact Program Manager,
Stephanie Wilhoit-Reeves
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