



## WHO

UHA assigned Oregon Health Plan Members (age 13 and older) who are interested in learning healthier eating and lifestyle habits, and losing weight

## WHAT

A 12-week health and wellness program that will encourage you to adopt a well-balanced healthy lifestyle

## WHEN

October 3, 2016 — December 23, 2016

Includes orientation, comprehensive health assessment, exercise and nutrition logs, weekly weigh-ins, pedometers, BMI and body-fat analysis, weekly fitness classes, monthly nutrition coaching, incentives for participation and full access pass to the YMCA.

**If you would like to participate, please ask your Primary Care Provider for a referral.**