

# Reset & Rebalance

## FOR WEIGHT LOSS

Summerfield's interactive online program, via Zoom, explores all the dynamic factors that influence health and weight. You will reset your nutrition knowledge and rebalance your health behaviors, empowered with skills to become the healthy person you envision.

### PROGRAM DETAILS

This 8-week program teaches the fundamental skills around supporting the entire body for weight loss. Topics include a reset week, building balanced meals, goal setting, metabolism, menu planning, sleep and stress support, and physical activity.

The abundance of tools and solutions takes you beyond traditional calorie counting and inspires you each week by incorporating changes that support your long-term health.

Partner with a Registered Dietitian (RD) who will support you through the new changes and customizes each week's lesson to your life and goals.

Comprehensive workbook with resources including recipes, reference guides, worksheets, and meal-planning tools.

### CLASSES BEGIN THE WEEK OF MAY 6

#### Online Class Schedule

Tuesdays at 4 pm ET | 1 pm PT or  
Thursdays at 12 pm ET | 9 am PT

[CLICK HERE TO  
LEARN MORE  
AND REGISTER](#)

**Classes & appointments are available at no cost through NHC's BCBSNC health plan. Nutrition services are covered at 100% by the plan with no out-of-pocket cost for employees and their dependents!**