

# Nutrition Immersion

## A RESET & REBALANCE PROGRAM

Nutrition Immersion is Summerfield's interactive online program, live via Zoom. By participating in weekly sessions and engaging in activities, you will gain valuable insights into the importance of a balanced diet and how it can positively influence your energy levels, mood, and overall vitality.

### PROGRAM INCLUDES:



Weekly live sessions covering water, fiber, carbohydrates, sugars, fats, and proteins.



Weekly Mini-Challenges, recipe ideas, and activities designed to reinforce lessons, and provide insight to craft a customized wellness blueprint to reach your nutrition, health, and wellness goals.



Support from a Registered Dietitian (RD) who will support you through the new changes and customize 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 Sept 16th



#### Online Class Schedule

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

[REGISTER HERE](#)



Covered 100% with no out-of-pocket cost by IQVIA's Aetna plan. Employees and their dependents are eligible for 26 visits/year for 1:1's and group classes. Summerfield also accepts Aetna, BCBS, Cigna, UHC, and self-pay.