

2024 EVOLVE EXPRESS PROGRAMS

Healthy Lifestyle & Weight Loss Strategies for Success

Achieve the best possible version of yourself?

Increase mobility and reduce aches and pain?

Lower your blood pressure?

ARE YOU LOOKING TO..

If you've answered yes to any of the questions
Our EVOLVE Express Programs

Are for you!

Manage your diabetes more effectively?

Lose weight with or without weight loss medications?

Get better sleep?

EVOLVE Express I:

Recipe to CREATE a Healthy Lifestyle/Weight Loss Plan (8 weeks)

Medically focused, multi-disciplinary and hands-on approach seeking to build participant knowledge, motivation, and accountability.

Individualized assessment, instruction, and tracking throughout the Program, coupled with 8 weeks of weekly group support sessions.

Group sessions will involve celebrating progress, troubleshooting challenges, setting weekly goals, and covering topics like food, behavior modification, emotional eating, and exercise.

Open communication with Provider Team Members and your physician, optional access to a social media support community.

Registration Deadline: May 1st
Intakes Begin: May 13, First of 8 Group Sessions:
June 6 (5:15 to 6:45pm)



EVOLVE Express II:

How to SUSTAIN a Healthy Lifestyle/Weight Loss Plan While Having Fun. (4 weeks)

Restaurant Success with your Favorites: Our team will provide tips and tricks to help you make informed decisions when dining out, ensuring that you stay on track.

Move While You Cook: Discover innovative ways to incorporate movement and physical activity into your daily routine.

Nature Walk: Enjoy the outdoors while engaging in light physical activity and mindfulness practices, allowing you to reconnect with nature.

Hidden Treasures in the Grocery Store: Learn how to read labels, identify healthy choices, and make informed decisions while shopping for groceries.

Registration Deadline: July 22
Intakes for newcomers begins: July 29
First of 4 Group Sessions: September 12 (5:15pm-6:45pm)