

8 Week Healthy Living Program

Lose & Win

Lose the diets & Win lasting success!



Topics will include non-diet approaches to health including planning ahead for eating, incorporating movement, and nutrition guidance. Weekly group sessions will be facilitated by your UHC Onsite Health Coach/Registered Dietitian.

8 Week Program

Wednesdays, January 30th to March 20th

700 Lavaca, 4th floor, Room 447

12:15-1:00 PM

Registration is required. Space is limited.

To register, please contact your UHC Onsite Health Coach:

frances.diep@traviscountytexas.gov or call 512-854-5860