

WHAT MAKES THE **CHANGE** PROGRAM UNIQUE?

1. Conveniently located onsite
2. Group support
3. Multi-disciplinary team
4. Continuous quality improvement
5. Staff is experienced in working with adults with BMIs ranging from 26-77
6. Not associated with any pharmaceutical companies
7. No products sold



Our goal is simple:
A Healthier Communities!



MEDICAL NETWORK ONE
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MEDICAL NETWORK ONE

Choosing Healthier Attitudes Nutrition Goals Exercise

Onsite Wellness Program

ABOUT THE PROGRAM

Medical Network One's onsite wellness program is a 3 month program designed to coach adult patients in ways to control their weight through lifestyle modification.

Our onsite wellness staff, from Medical Network One's Michigan Institute for Health Enhancement, includes Registered Dietitians, Certified Exercise Specialists and Wellness Counselors.

The **CHANGE** program consists of three main components: nutrition, exercise and wellness counseling.

- **Nutrition** includes group nutrition education, meal planning, personal goal setting and group counseling.
- **Exercise** involves exercise planning, group exercise education, goal setting and group counseling. (A waiver must be completed prior to participation.)
- **Wellness Counseling** includes monthly group discussion and telephonic or electronic coaching support.



A Healthy Lifestyle Group Program Designed Just for You!

- Individual wellness coaching calls
- Meal plans
- Goal setting
- Confidential weekly weigh-ins (optional)
- Nutrition and exercise log book
- Personal **CHANGE** binder

Fee for participation: \$35 per month

**For more information or to enroll call
Lori Cookinham: (248) 475-4721**

