



**New
Program!**

Healthy Living For Life

Introducing a brand-new 12-week program: **Healthy Living For Life**. This program was created to provide resources, support, and tools to help members live healthier for life. Topics included are: Getting and staying active, eating well, learning to shop, managing and coping with triggers, taking charge of your thoughts and achieving a healthier weight, This program is no cost and available to those who use the Granite School District insurance plan (including family members!)

Program Highlights:

- 12-week group program (mostly virtual)
- Led by Wellness Coach and Registered Nurse
- Counseling on nutrition, physical activity and stress
- At least 2 individual 1-1 sessions with RN or Wellness Coach

Wednesdays
9/15/21-12/8/21
4:30PM-5:30PM

RSVP:

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