

Join Core4 & Kick Start Your Healthy Lifestyle- FREE for UMass Memorial Caregivers!

Core4 will expand your nutrition knowledge and support long-term well-being through lifestyle and positive behavior changes.



The program starts with a 1:1 session with a Registered Dietitian Nutritionist to identify your individual needs.



Following the individual session, there are 11 group sessions that meet once per week for one hour.

How to Join: Register Now! Limited Spots Available. Follow the QR Code.

Questions?

Email: myhealthmatters@umassmemorial.org

sodexo
HEALTH & CARE



Register by
clicking here or
scan the QR Code



During this 12-week program, the Registered Dietitian Nutritionist will focus on:

- ✓ boosting your overall health
- ✓ improving your eating habits
- ✓ implementing lifestyle & activity changes for the long term

Program Schedule: Virtual weekly meetings will start the week of July 12th and runs for 12 consecutive weeks
WEDNESDAYS 8am-9am - program is virtual

