



Keeping Vermont
Women Healthy

VERMONT DEPARTMENT
OF HEALTH

Ladies First offers free lifestyle programs to help members reach their weight loss and fitness goals. Members must be over the age of 30 and up to date on their heart health screenings, mammograms, and Pap tests (if applicable). Please call us with any questions at **1-800-508-2222**. Or call our Lifestyle Program Coordinator directly at **802-652-4139**.

Lifestyle Programs

Weight Watchers

Ladies First will cover 12 Weight Watchers meetings over 12-24 weeks. Members may be eligible for 12 additional meetings if their attendance and results are strong.



TOPS (Take Off Pounds Sensibly)

TOPS is a weight management program that offers judgement-free, weight loss support groups. Ladies First can provide TOPS memberships to committed program members who are motivated and ready to attend TOPS weekly meetings.

Curves Complete

Ladies First will cover a 3-6 month Curves Complete membership, which includes fitness, weight loss tracking, one-on-one health coaching and menu planning. Participants must complete a minimum of two workouts and one coaching session each week, and are free to work out as they wish.

YMCA Diabetes Prevention Program

The YMCA Diabetes Prevention program can help members who have been diagnosed with pre-diabetes or believe that they might be at risk for diabetes. The 12-month, group based program consists of 16 one-hour, weekly sessions followed by monthly sessions led by a trained coach.

Self-Monitored Blood Pressure Program

Ladies First offers free blood pressure monitors and tools to help members whose blood pressure is above 140/90.

Other local weight management and fitness programs

Members who are up to date on their Ladies First screenings may be eligible for local programs that have partnered with Ladies First.