



Eight 90-minute sessions at UUCF

This program content could also be called  
**Heart Disease Undone or Overweight Undone**

*The same lifestyle factors cause (and can reverse) many of these chronic diseases. Participants interested for a variety of reasons are welcome to join.*

**Facilitator:** Deborah Chielli, a UUCF member and primary care nurse at Catoctin Medical Group—nationally Board Certified in Lifestyle Medicine, with a BS in Nutrition and Certification in Cornell’s Plant-Based Nutrition program.

**Cost:** \$80/individual (*a second person from the same household can attend for free as part of the initial cost because they can share the materials—and to encourage a lifestyle change for the whole family*). The fee includes:

1. (1) Diabetes Undone Workbook/Journal
2. (1) Diabetes Undone Interactive Cookbook
3. (1) *8 Laws of Health* DVD
4. Online access to the complete video course in case you need to miss a session, would like to review the videos, or prefer streaming to DVDs.
5. Cooking demos & samples
6. Inspiring wellness talks
7. Group support
8. Expert guidance

The full cost goes to cover the material costs of offering the workshop. Deborah is offering this workshop *pro bono*.

If you are interested, please email [dchielli@gmail.com](mailto:dchielli@gmail.com) with your feedback, preferences, and questions—and she will try to schedule in a way that accommodates as many people as possible:

1. Would you prefer (a) Eight Sundays with one session per Sunday for 90 minutes, 12:45pm - 2:15pm or (b) Four Saturdays each with two 3-hour sessions, either 10am-1pm or 1pm-4pm?
2. The weekends currently being considered are Saturday or Sunday, April 13/14, April 20/21, April 27/28, and May 11/12.