



It's easy with free Online Group Coaching
Join this fun health program right from your computer



Weight Management

- 6-week program
- 1 Online Group Coaching session per week
- Tuesday, January 29 – Tuesday, March 5
- 12:00-12:30pm or 1:00-1:30pm (plus time for Q&A)
- Registration Deadline: Wednesday, January 23
- Space is extremely limited and registration is offered on a first come, first serve basis.

Program details:

WEEK 1 – Tuesday, Jan. 29

An overview

An overview of weight management and the benefits of watching your weight. You'll learn more about group coaching, how to find balance, and what behaviors contribute to weight management.

WEEK 2 – Tuesday, Feb. 5

Nutrition

You'll learn how the "MyPlate" food guide can help you find balance. We will discuss meal planning, healthy eating, and mindful eating.

WEEK 3 – Tuesday, Feb. 12

Physical activity

We'll talk about how to make physical activity an important part of your daily life. You'll learn how to develop a physical activity plan and the ways physical activity benefits your overall health and wellness.

WEEK 4 – Tuesday, Feb. 19

Diet vs. lifestyle changes

A discussion of the importance of healthy eating and developing healthy habits. You will gain an understanding of the limitations of fad dieting..

WEEK 5 – Tuesday, Feb. 26

Stress and sleep

We will explore how stress and sleep impact your weight management goals and overall health. You'll discover strategies to overcome barriers to reduce stress and what behaviors contribute to a healthy sleep.

WEEK 6 – Tuesday, Mar. 5

The next step

In the last session, we will review methods for staying on track towards your goals, how to keep motivated, importance of family, friends and co-worker support groups and reinforcement/reward.

Ready to start
getting healthy?



Visit www.pebtf.org/wellness to register for online **group coaching**.

Questions? Contact **Ali Noll**, PEBTF Wellness Program Coordinator, at anoll@pebtf.org or (717) 565-7216.

Open to PEBTF covered members. Employees must use their lunch period or use annual or personal leave, based on applicable labor agreement, to take part in this event if it is within their scheduled working hours.

Online Group Coaching. It's free. It's easy. And it just may change your life.

