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Registration Information for October Vtrim Online Class

Fall is a great time to get back to a healthier you!

We are now registering for the 12 week October Vtrim online class. Vtrim in partnership with Hickok and Boardman Group Benefits has extended a 15% discount to your organization. I encourage you to register early as classes tend to fill quickly.

Sign up Now and Save 15%!

WEDNESDAY REGISTRATION

Wednesday October 21 - January 6, 7:00-8:00pm
[REGISTER HERE](#)

Cost: \$319. (regular rate: \$375)

Hickok and Boardman Group Benefit Clients receive a 15% discount off the \$375 price. Please enter HBVTRIM in the discount code field to receive the discounted price.

Join your fellow co-workers and employees from other businesses in reaping the benefits of losing weight and living a healthier lifestyle. This 12 week class is only available through your employer.

About the Program:

The Vtrim online program will teach you how to manage your eating and exercise behaviors on a daily basis so that true lifelong weight management is possible. At each weekly meeting of this 12 week course, you will:

- Learn how to manage your weight by following a prescribed calorie and exercise goal
- Learn and practice new weight loss behavior strategies
- Interact and get support from your group members
- Receive personalized support and feedback from a Certified Vtrim Facilitator.

Designed not as a diet, but as a way to change your relationship with food, Vtrim is the clinical gold-standard approach to weight loss. Learn how to manage your lifestyle everyday, so that you can manage your weight for a lifetime.

Any questions regarding the program can be directed to
Beth.CaseyGold@uvm.edu
or call (802) 318 3166

We hope to see you online!

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