

# Wellness Center Calendar | 2022

Program details on back. Registration fees may apply.

**FEB**

**Eat Right.**  
**Eat Smart.**

Starts on the 23<sup>rd</sup>  
6pm - 7:30pm

**MAR**

**Eat Right.**  
**Eat Smart.**

Starts on the 9<sup>th</sup>  
12pm - 1:30pm

Starts on the 23<sup>rd</sup>  
6pm - 7:30pm

**APR**

**Eat Right.**  
**Eat Smart.**

Starts on the 6<sup>th</sup>  
12pm - 1:30pm

**DEEP**

Diabetes Education  
Empowerment Program

Starts on the 12<sup>th</sup>  
6pm - 7:30pm

**NDPP**

National Diabetes  
Prevention Program

Starts on the 9<sup>th</sup>  
9am - 10:30am

For more information or to register visit  
[takecarewellnesscenter.simplybook.me/](https://takecarewellnesscenter.simplybook.me/)  
or call (671) 646-6956 ext 7260

415 Chalan San Antonio Suite 106 (Baltej Pavilion), Tamuning



# Wellness Center | Program Descriptions

## Eat Right. Eat Smart.

Eat Right. Eat Smart. focuses on the ADCE7 of healthy coping, healthy eating, being active, taking medication, monitoring, reducing risk, and problem solving to improving outcomes related to diabetes, hypertension, and high cholesterol. Participants will be able to enjoy healthy meals provided by Three Squares while developing the necessary strategies to improve their health.

This is a 2 session program  
Registration Fee: \$35.00 per person

## DEEP

Diabetes Education  
Empowerment Program

DEEP™ is a diabetes self-management program that has been shown to be successful in helping participants take control of their disease and reduce the risk of complications. Participants will be able to enjoy healthy meals provided by Three Squares while learning about the disease process and how to manage their diabetes.

This is a 4 session program.  
Registration Fee: \$75.00 per person

## NDPP

National Diabetes  
Prevention Program

The goal of NDPP is to help participants prevent or delay type 2 diabetes. Certified Lifestyle Coaches provide evidence-based and high-quality lifestyle change programs to reduce the participants' risk of type 2 diabetes and improve their overall health. The program focuses on increasing physical activity, improving nutritional habits, and developing strategies to overcome challenges.

This is a 1 year, 26 session program.  
Registration Fee: TakeCare Members: FREE  
Non-Members: \$200.00 per person



Participants will work with a Registered Dietitian or Nutrition Consultant to develop an individualized plan to increase knowledge and help maintain healthy long term dietary practices.

Appointments preferred | Follow-ups as needed | No referral needed  
Registration Fee: TakeCare Members: Free



Participants will work with Certified Educators to develop an action plans to maintain or improve their diabetes, hypertension, or high cholesterol.

Appointments preferred | Follow-ups as needed | No referral needed  
Registration Fee: TakeCare Members: Free



In less than 2 minutes, users will receive a detailed report of their body composition. Review your results with an Evolt 360 Specialist and discuss how to achieve your health and wellness goals.

Walk-ins welcomed | Follow-up scan recommended every 4-6 weeks  
Registration Fee: TakeCare Members: Free  
Non-members: \$50 (initial)  
Registered users: \$30 (1 scan) | \$50 (2 scans)