



Healthy Lifestyle Summer Program Information

Summer is a time for outdoor activities and fresh produce, recreation and renewal! Interested clergy and annual conference staff from the Dakotas and Minnesota AC are invited at *no charge* to join Avera Health Coaches for Choose to Lose *those unhealthy habits*, a program that spends time in each of 12 weekly sessions focusing on a different aspect of a healthy lifestyle.

Throughout the program, you will be guided through the areas of physical activity and nutrition and how making small changes can have a significant impact on weight management. Most will see a 5% weight loss and learn ways to achieve a healthier lifestyle for you and those you love.

If clergy or staff would like to include a +1 - partner, friend, colleague - to join the journey to a healthier lifestyle, they may do so *at no charge* as well. Both individuals simply must register. We need 15 people minimum to create a group. Participants are asked to commit to at least 10 of the 12 sessions. Two group options to choose from are:

- Group 1 Begins June 5 – August 28 Mondays 12-12:30 pm
- Group 2 Begins June 15 – August 31 Thursdays 9-9:30 am

Deadline to register is June 1st for Group 1 and June 9th for Group 2.

Register:

Group 1: Mondays 12-12:30 pm - [Register for Monday Group](#)

Group 2: Thursdays 9-9:30 am - [Register for Thursday Group](#)

Those who attend at least 10 of the 12 sessions will be placed in a drawing and eligible for individual health coaching sessions!

Group 1 Sessions	Mondays 12-12:30 pm Dates	Group 2 Sessions	Thursdays 9-9:30 am Dates
1	June 5	1	June 15
2	June 12	2	June 22
3	June 19	3	June 29
4	June 26	4	July 6
5	July 10	5	July 13
6	July 17	6	July 20
7	July 24	7	July 27
8	July 31	8	August 3
9	August 7	9	August 10
10	August 14	10	August 17
11	August 21	11	August 24
12	August 28	12	August 31