Methodist Wellness @ Work®



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Signature:









12 Fun Topics

Let The Journey Begin Introduction to the Diet

> Planning Power Meal Planning

The Main Attraction Meat

Flour Power Bread

Thinking Inside the Box Starchy Veggies

Somewhere Over the Rainbow Fruits & Veggies

Figuring Out the Fats
Fats & Oils

Do I Have to Eat the Box?

Fiber

Dressed for SuccessSalad Dressing

Got A Clue? Liquid Calories

If Calories Were Cash
Calorie Budgeting

Let's Go Out! Eating Out A fun, interactive nutrition program that transforms ordinary people into healthy eaters.

Program includes 12 lessons which can be presented weekly to groups of 5 to 25 participants.

Easy-to-follow Food Plan—1260 calories.

Each lesson includes a Facilitator's Guide, handouts with a fun activity.

A "learning by doing" program.

Participants weigh and measure real food and learn easy techniques to "guesstimate" portions and calories in foods.

Topics can be presented individually as fun nutrition brown bags.









Name		
Company Name		
Mailing Address		
City	State	Zip
Phone	email	
Payment options:		
Check for \$	or	
Credit Card: Visa, Master	Card, American	Express, Discover
Card number:		
Expiration Date (month/ye	ar) 🔲 🔲 🔲	
V code (3 digit number on l	back of card)	

ITEM	PRICE/ UNIT	QUANITY	TOTAL
Materials for 15 students	\$520		
Facilitator's Manual	\$125		
1 set of Methodist Wellness @ Work Food Cards in holder	\$ 15		
TOTAL			

Methodist Wellness @ Work©

Methodist Wellness Services
The Methodist Hospital

6550 Fannin Street, Smith Tower, Ste. 583

Houston, Texas 77030-2707

713-441-5936, Fax 713-793-1269





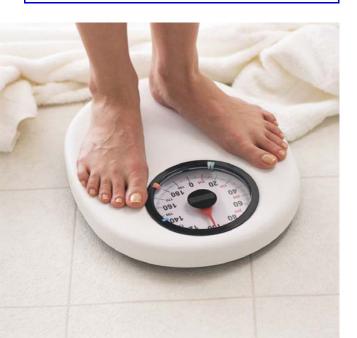
Facilitator's Manual

- Complete set of handouts for 12 sessions
- Facilitator's Notes for each class
- General Class Guidelines
- Guidelines for using Food Cards
- One set of Food Cards with holder
- One Calorie King book
- One Food Card Overview

Materials for 15 participants:

- 1 Class Syllabus
- 15 sets of handouts
- 15 sets of Food Cards with holders
- 15 Food Plans

1 set of Methodist Wellness@ Work© Food Cards with holder



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