

# New Year, New You!

Become a member of *Live Well!* Today

Enrollment is Now Open on the Newark UMDNJ Campus



## Live Well! benefits:

*Live Well!* is brought to you by the Institute for Nutrition Interventions at the School of Health-Related Professions-UMDNJ. The \$260 program fee can be paid as payroll deductions of \$26 over 10 pay-periods or in-full as a personal check if you prefer.

- Three individual sessions with a registered dietitian over a 26 week period
- Convenient on-line access to weekly nutrition and wellness presentations created specifically for *Live Well!* members
- Nutrition-focused health screenings (glucose, cholesterol, blood pressure, body fat, BMI)
- On-going support from a registered dietitian
- Periodic in-person weigh-ins & group sessions
- Weight management & wellness information

For questions contact the Live Well Dietitian at 973-972-1384 or [worksitewellness@umdnj.edu](mailto:worksitewellness@umdnj.edu). You can also visit our website at [www.shrp.umdnj.edu/dept/nutr/INI/livewell](http://www.shrp.umdnj.edu/dept/nutr/INI/livewell)

