



On-site Weight Management Classes by Request

Convenient worksite weight management classes are available by **Weight Watchers** and **Idaho Nutrition Consultant, "Take Control for Educators"**

How do I begin?

1. Please identify a contact at your worksite that is willing to keep a list of interested participants (at least **20** for weight Watchers) or (**10** for Idaho Nutrition Consultants). Payments must be collected at least one week prior to the start date.
2. The site contact should complete a request form and send it to Employee Wellness Coordinator, Isabel Snell, located at the DSC.
3. Once the class request is received and a facilitator is identified, the Wellness Program will advertise the class for district employees for maximum participation.
4. The site contact should send the list of paid participants to the Wellness Coordinator one week prior to the class start date.
5. If we do not have at least **20** paid participants for weight watchers or **10** for Take Control at least one week prior to start date, the series will have to be cancelled.

Site contact must remember to:

- Secure approval from your administrator/principal
- Complete a class request form and send to Employee Wellness Coordinator
- Identify an appropriate room
- Collect payments one week prior to the class start date of every session

For information on **Weight Watchers** at work, or **Idaho Nutrition Consultants, "Take Control for Educators"**, please refer to below information.

Weight Watchers offers a 12-week "at work" program for \$135. Weekly, one hour sessions include support, education, and weighing-in. Weight watchers offer the successful flexible points approach to losing weight. www.weightwatchers.com

Take Control for Educators presented by Idaho Nutrition Consultants. This six-week proven weight loss program, taught by experienced Registered Dietitians, provides the key tools to help you Take Control once and for all of your eating habits and your weight. The course includes: personalized healthy meal plans, food combining strategies to curb cravings and control daily blood sugar, a guided grocery store tour, solutions for dining out dilemmas, food journals and access to an exclusive online food tracking program. Cost \$120 per person, if class size is 20 or more, cost is reduced to \$60 per person. Split payment option available.

www.idahonutritionconsultants.com



On site Weight Management Class Request Form

School / Worksite	
Worksite Address	
Site Contact	
Class Type	Weight Watchers at Work 12-week series
	Idaho Nutrition Consultants <i>Take Control for Educators</i>
Class Time	1 st Choice: Start: End:
	2 nd Choice: Start: End:
Class Day	1 st choice:
	2 nd Choice:
Approved Room for Use	
Administrator/Principal Approval	
Completed by Wellness Program Facilitator/instructor assigned (name)	

Please send this completed form to Employee Wellness Coordinator, Isabel K. Snell located at the District Service Center. Forms can be faxed to 854-4010, send via interoffice mail or e-mail to Isabel.snell@boiseschools.org.