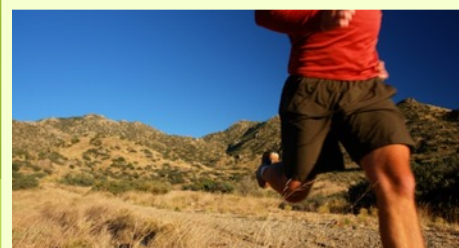


Wellness and Your Health Family Doctors LLC Group Visit Program

Beginning January,
2015



Wellness and Your Health is our new and exciting group program for *sustained healthy living.*

Trouble losing weight?

Stuck in a rut?

Working hard without results?

Want to live a longer, healthier, happier life?



About our exciting new wellness program:

Wellness and your Health is a comprehensive Wellness Program. We focus on making successful, long-term, lifestyle changes aimed at improving health, fitness, mental well being, and self-esteem. Our program is dynamic, highly interactive, and designed to be fun and informative.

Participants will be learning not only “what to eat”, but why and how as well. You will also be able to participate in fun activities such as a cooking class, exercise class, restaurant field trip, mindfulness activities, and a supermarket excursion.

Each week the group will learn about nutrition, exercise, motivation, sleep, long term behavior change, and mindfulness in a supportive group setting. You will also come to understand that strong forces are aligned against you in an effort to sell you certain types of food- and what you can do about it!

The visits are also “medical”, meaning that when you check in, you will have your vital signs obtained, and any lab work that needs to be done will be drawn. These values will be used as a “barometer” for success throughout our program.

Wellness and your Health



Each week, 10-12 highly motivated patients will meet in a group setting with 1-3 medical providers and a nutritionist.

Sample topics include:

Overeating- why we do it, and how to stop it

How to eat well on the go

Low carb, low fat, gluten free!!!
Cutting through the nonsense.

Eating well at restaurants

Mindful eating

Eating in a social setting

Exercise- how much and what type

“Diet” vs permanent lifestyle change

Why diets fail

Sustaining motivation

Live cooking classes and demos

And many, many more!

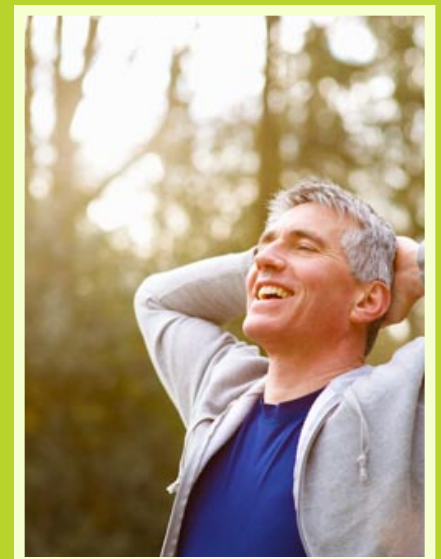
What is the Commitment?

We will meet weekly for approximately 4 months in order to develop lifelong habits and a firm commitment to health and wellness.

Who Should Sign Up?

Anyone who is struggling with lifestyle-related medical conditions are welcome to sign up. These include obesity, high blood pressure, high cholesterol, diabetes, metabolic syndrome, overeating, and smoking.

Space is limited and our initial classes will begin January 8th, 2015.



Where will the group meet, and how often?

On “non-excursion” days, our group will meet in our brand new, state of the art conference room at Family Doctors in Swampscott. We will meet weekly, after work, from 6-8pm.

Who will be facilitating the groups?

Dr. Jeff Phillips, Dr. Lisa Ceplikas, Wendy Beaumier NP, and Diane Dube (Registered Dietitian and Nutrition) will be leading the groups together. All four are very excited about this opportunity to improve our patient’s health in a fun, supportive environment! We will also have the opportunity to work with some special guests as well!

What is the Cost?

It depends on your office visit co-pay. Our Health and Wellness program requires that participants pay all of their copays (15 weeks) upfront. Why you ask? First, we want to ensure that all participants are truly motivated, ready to change their lifestyle, and strongly committed to the program. By paying upfront, you promise yourself that you’ll show up each week, ready to learn, work, laugh, support one another, and have fun! Additionally, because this will be a “medical” visit, we are required to charge co-pays.



There will be an additional \$150 dollar program fee for all participants to help support additional services, such as cooking supplies, outside guests, access to a world-class nutritionist, and use of our state-of-the-art conference room.

We feel that compared with commercial programs such as Jenny Craig, Weight Watchers, Health Club memberships, the cost of lifetime medications, etc- that this is an excellent value.

OK, how do I sign up?

Act fast! We expect this to be a very popular program! Sign up at the front desk or feel free to contact us at health&wellness@myfamdocs.com. Feel free to direct any questions to Dr Phillips, Dr. Ceplikas, Wendy Beaumier NP, or Diane Dube RD. We would be more than happy to help!