## Healthy Weight Program

### 2 Appointments With a Nutritionist
- Registered and licensed dietitian
- One-on-one appointments
- Menu planning
- Develop individual dietary and action plan
- Accountability

### 1 Appointment With a Personal Trainer
- Nationally Certified
- One-on-one appointment
- Develop individual fitness plan

### Access to Facebook
- Access to interesting articles and posts
- Stay connected

### Cost = $40.00

- **Enrollment Ends:** November 15, 2017
- Payment is collected or charged to Bursar account during the first nutrition appointment.
- All appointments must be completed prior to the end of the semester.
- Participants must attend first nutrition appointment before scheduling with personal trainer.
- All participants must be enrolled in 6 or more credits hours at UNM during the semester.

Schedule at SHAC Reception or call SHAC at 505.277.3136.

SHAC Website: shac.unm.edu