

Begin Weight Loss & Wellness Program

Begin is a 10 week weight-loss and wellness program taught by your
Hy-Vee dietitian Shannon Muhs, MS, RD, LMNT.

Be healthy. Be fit. Be happy. A healthy new you starts here.

Packages:

Begin Basics - \$175 per person: Attend all 7 group classes to touch up on your nutrition and healthy cooking knowledge. This package does not include one-on-one nutrition sessions. Class length will be determined by the class size. Small class = 30 minutes, large class = 1 hour.

Begin Comprehensive - \$290 per person: By purchasing the Begin Comprehensive package, you get three one-on-one nutrition counseling sessions with Shannon in addition to all group classes to help you create a nutrition program tailored just for you. You will also have your cholesterol and blood pressure assessed at the beginning and end of the program. Class length will be determined by the class size. Small class = 30 minutes, large class = 1 hour.

Contact Shannon to sign up for the next BEGIN program
(402) 597-5790 / smuhs@hy-vee.com

Sessions and Dates:

Session 1: Individual, 60 minute consultation; cholesterol screening (*for Begin Comprehensive participants only*)

- Schedule an appointment with Shannon during the week of January 18th

Session 2: Portion Distortion and Volumize" your plate, group class

- Thursday, January 28, 6:00 p.m. – 7:00 p.m. in the club room

Session 3: Nutrition Store Tour, group class

- Tuesday, February 2nd, 6:00 p.m. – 7:00 p.m. – meet at my office

Session 4: Focus on Fitness, group class

- Tuesday, February 9th, 6:00 p.m. – 7:00 p.m.

Session 5: Individual, 30 minute consultation, measurements (*Begin Comprehensive participants only*)

- schedule during the week of February 15th

Session 6: Fat and Sugar Facts, group class

- Tuesday, February 23, 6:00 p.m. – 7:00 p.m.

Session 7: Disease Prevention, group class

- Tuesday, March 1, 6:00 p.m. – 7:00 p.m.

Session 8: Cooking Class, group class

- Thursday, March 10th, 6:00 p.m. – 7:00 p.m.

Session 9: Emotional Eating & Weight Maintenance, group class

- Tuesday, March 22, 6:00 p.m. – 7:00 p.m.

Session 10: Final one-on-one nutrition assessment (*for Begin Comprehensive participants only*)

- Schedule an appointment with Shannon during the week of March 28th