

United Way 2-1-1 Networking Meeting Minutes
June 14, 2006

Topic: Weight Issues

Agencies and Speakers: Health District, Diane Mueller; Beyond the Mirror, Jennifer Amaral-Junze, M.ED; Eden Valley Lifestyle Center, Dr. Bonnie Head and Dr. Andres Saenz; CSU/Larimer Cooperative Extension, Stephanie Tarry, MS,RD.

Health District-970-224-5209 or www.healthdistrict.org A positive approach to weight loss that focuses on changing behaviors.

- Sliding fee scale \$19-\$190 for Healthy Weighs Program.
- Classes held 3 times per year.
- One, 2-hour group session, once per week for 12 weeks.
- 6 one-hour individual nutrition counseling sessions.
- Balanced nutrition, increased activity, self care, stress management.
- Cholesterol, blood pressure, and glucose testing.

Beyond the Mirror and Psychotherapy-970-402-8543 Provides individual and group weight counseling, exercise coach, nutrition education, workshops and support groups. “Beyond the Mirror” presents information on body image and eating disorder issues in area schools.

- Call for free consultation M-F, 9am-3pm.
- Sliding fee scale and may do pro-bono through Connections.
- Facilitated support groups run for six weeks and then continue without facilitation to provide participants with ongoing support.

Eden Valley Lifestyle Center-970-669-7730 Spiritual lifestyle program that addresses weight loss through nutrition, vegetarian diet, individualized exercise program, massage, Jacuzzi, sauna, and cooking instruction. Starts with thorough Medical exam.

- Accepts Christian Care Medishare Insurance. Medicare covers some prescriptions and therapies.
- New Start Program: Nutrition, exercise, temperance, rest, trust in Divine Power.

CSU Cooperative Extension-970-498-6014 or www.larimer.org/ext Provides nutrition education for low income. A variety of classes are offered including weight loss and management, cooking, planning meals and saving at the grocery store.

- Free classes, taught by registered dietician, available for groups predominately at 185% of the poverty level.
- Single classes or 4-6 class series.
- Primary audience is adults. May work with children, upon request.

PVH Program-Can Do- 970-495-7517

Literature and statistics for Larimer County. “7 Steps” to a healthier body weight lose plan. Step counter available for \$10.00.

Next month’s topic is **Disabled Resources: MS, Spinal Cord and Brain Injuries**. Please plan on attending Wednesday, **July 12, 2006** at 11:30 at The Harmony Presbyterian Church, 400 E. Boardwalk, Fort Collins. It’s a brown bag format, so bring your lunch and participate in this networking opportunity.

If you have questions call: Joan Bertram, United Way 2-1-1, 495-0923, x 202.