



Weight Loss & Wellness Classes



With a Dietitian/Nutritionist (RDN)



Program starts the first week of March
\$14.00/session for 7 weeks

The Rutgers Center for Human Nutrition, Exercise and Metabolism (NExT) at the NJ Institute of Food, Nutrition, and Health is offering a series of weight loss and wellness classes

- Each person gets their own **individualized assessment and diet plan** the first week
- Small class led by a **Registered Dietitian/Nutritionist**
- Great way to work on your wellness goals and get encouragement (via online support)

The classes are designed for adults:

- Aged 22 and older
- With no serious medical conditions

Location: Classes will be on Zoom, and optional body composition scans at Rutgers University– New Brunswick

Class sizes are limited!

Find out more by contacting the NExT Center:

RU-NextNutrition@sebs.rutgers.edu; (848)-932-0256

For fastest service at this time, please email us.

<https://ifnh.rutgers.edu/centers/nutrition-exercise-metabolism/>

**Anna Ogilvie, RDN &
Susan Stephenson-Martin, M.S.**

Participants will receive:

- Diet evaluation
- Individualized meal plan
- Weekly check-in with Dietitian/Nutritionist
- Access to online support
- Body measurements
 - Height
 - Weight
 - Body composition (plus body water)

Weekly class topics include:

- Which carbs, proteins, fats?
- Secrets of successful habits
- Healthy snacking
- Healthy portion sizes
- Meal planning
- Mindful eating
- Preparing healthy meals



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