



Develop A Healthy Relationship With Food



UConn IRB
Approved On 8/13/15
Approved Until 8/13/16
Approved by SHH1004

The "Healthy Husky" 16 week online weight management program is designed to provide you with the knowledge and skills to attain a healthy lifestyle at your convenience!

This online weight management program can be completed when and where is best for you and your busy schedule! If interested you will be asked to participate in a research study to evaluate the effectiveness of a multimedia-based program.

What You Get:

- Weekly informational podcasts
 - An individualized meal plan & pedometer
 - A personal E-coach or group discussion forum support
- All for just \$20!

The program will run from September 28- January 11

Contact Ellen Shanley at ellen.shanley@uconn.edu with questions.

Please register by sending your information to email above or complete & send form to: Ellen Shanley, Dept. of AHS, Unit 1101

Name _____ Phone # _____

Campus email _____ Net ID _____

