



ATHOL HOSPITAL | HEYWOOD HOSPITAL | HEYWOOD MEDICAL GROUP | QUABBIN RETREAT

Wellness Group Visits

Heywood Primary Care is pleased to offer Wellness Group Visits to our patients for Weight Management and Lifestyle Change.

When it comes to being healthier, our patients know what to do – it's doing it that is the challenge. The secret sauce of this program is high levels of support and accountability that help you implement long-term changes that you have been wanting to do for years.

Dr. Erin O'Hara, Erica Lasorsa, PA and registered dietitian Rosanna Alvarez work with you in a small group setting (6-12 people) to help you create healthier habits, one habit at a time. The program features a weekly challenge with personalized resources.

This program has been researched and the impressive results have been published in a major medical journal, the Journal of the American Board of Family Medicine (JABFM).

What: 15 Tuesday evening sessions over 20 weeks.

Time: Check in 5:00pm - Group Session 5:30pm-6:30pm

Where: Heywood Primary Care (266 Main Street, Gardner, MA 01440)

Cost: One-time Group fee of \$25.00 plus 15 co-payments

- *All payments are collected the first day of group (Payment plans are acceptable if needed)*
- *Your insurance is billed for a routine office visit. This usually just means a copayment. However some high deductible plans may yield a larger expense. Please speak with us if this is the case.*

Start Date: Week of January 11, 2021

Once 15 sessions with us are over, you are not on your own. We offer ongoing support through follow up visits.

Join our next group!

call: 978-630-5030