



Corporate and Community Weight Management Classes

The Weight Management program offers nutrition and wellness seminars designed to suit the specific needs of an organization. We bring the experts to your worksite, at your convenience. Classes are designed to promote healthy lifestyles by incorporating the topic(s) of your choice. Class topics include: Weight Loss Strategies, Wellness and Disease Prevention, Exercise, Healthy Dining Out, Healthy Lunch on the Go, Holiday Eating, Fad Diets, Emotions, Eating and Stress Management Skills. Grocery store tours and cooking demos are also available.

DIABETES EDUCATION

The Roper St. Francis Diabetes Center provides comprehensive diabetes self-management training. These programs provide diabetics with the skills needed to manage their diabetes successfully. Program topics include meal planning, planned physical activity, blood glucose monitoring, medications, handling episodes of illness and low and high blood glucose, managing diabetes when traveling and more.

All programs are led by registered dietitians and certified diabetes educators. Individual consultations and comprehensive group classes are available.

DIABETES EXERCISE

Fitness programs specially designed for diabetics are available at the Roper and Bon Secours St. Francis Cardiac Rehabilitation Centers. The programs include appropriate activities for diabetics as recommended by our exercise specialists along with self-monitoring of blood glucose levels.

To register or for more information
on our Preventative Services please call

724-2993



www.rsfh.com

Preventive Services





At Roper St. Francis we believe prevention is the best cure. That is why we offer a variety of Preventive Services to encourage your overall health and wellness. All of our classes are led by certified medical experts and are individually designed to provide the best results.

INDIVIDUAL NUTRITION COUNSELING

The Registered Dietitians at Roper St. Francis can help you manage your health through good food choices. Individual appointments take into account your medical history, busy schedule and personal preferences. You will be given specific recommendations and resources to help purchase and prepare the right foods, navigate the grocery store aisles and cut through gimmicks and hype.

Our expert staff is qualified to counsel participants on a range of topics including:

- Weight loss
- Weight gain (after surgery, chemotherapy, etc)
- Cholesterol management
- Blood pressure management
- Metabolic Syndrome (or pre-diabetes)
- Digestive disorders (celiac disease, irritable bowel disease, etc)
- Meniere's Disease
- Food allergies
- Optimum health and wellness

ADVANCED LIPID COUNSELING

Our advanced lipid one-on-one counseling is for those who are unable to or want to avoid taking medications to control their cholesterol. An experienced dietician familiar with advanced lipid analysis provides in-depth insight into “low fat/low cholesterol” guidelines. It will also show you how to improve your cholesterol levels with proven nutritional strategies.

EXERCISE AND FITNESS PROGRAMS

Our Cardiac Rehabilitation Centers' exercise programs are not just for patients recovering from heart disease. We also offer comprehensive programs to those who have heart disease risk factors and are interested in preventing a future illness.

Our specially trained staff is available to evaluate your risk factors and develop an individual plan to improve your overall fitness. An educational series is also available to provide important information on heart disease prevention topics such as, medications, nutrition and stress management.

The programs all take place in the well-equipped Cardiac Rehabilitation Centers at both Roper and Bon Secours St. Francis Hospitals. Monthly membership fees are reasonable and hours are flexible.

SMOKING CESSATION

The Roper St. Francis Heart & Vascular Center offers a Smoking Cessation Program based on the QuitSmart system developed at Duke University Medical Center. The method boasts 12-month non-relapse rate of 60% and includes relaxation tapes, cigarette substitutes and stress management techniques. The program is a three part series of meetings and sessions are held monthly.



WEIGHT MANAGEMENT CLASSES

Eating For Life Weight Management Program

The Eating For Life Weight Management Program is an 8-week class series led by a registered dietitian, certified in Adult Weight Management. The series focuses on achieving good health by adopting sensible eating and exercise behaviors, as opposed to dieting for short-term results. Enhanced by the support of a behavioral therapist, Eating For Life strives to explore individual profiles and setbacks that contribute to emotional eating. This exciting course includes live cooking demos and grocery store tours to help you put into practice what you have learned.