The Plan That Anyone Can Do
Do you want to learn how to eat healthier or lose weight? CORE4 for Adult Weight Management is the program that will enable you to control your weight and eating habits forever. During the first 12-weeks of the program, our nutrition professionals will focus on boosting your overall health, relying on proven scientific methods to guide you to improve your eating habits, lifestyle and activity choices – for good.

Real Science – Real Results
Following the 12-week weight loss program, CORE4 continues with a monthly weight maintenance program designed to keep you on your weight management journey.

The More You Know the Better You Feel
Do you have diabetes? Join our CORE4 for diabetes program to learn how to control your diabetes forever. During the first 12-weeks of the program, our Registered Dietitians / Nutritionists use simple proven methods to help you boost your overall health and manage your diabetes by improving your eating habits, modifying your lifestyle choices and increasing your activity levels – for good.

Maintain Your Success
Following the 12-week weight loss program, CORE4 continues with a monthly maintenance program designed to keep you on your journey.