

CHARGE

Nutrition

Did you know that you can meet with a Registered Dietitian at Ursinus?

WHAT? Customized Nutrition Program that's designed for YOU!

WHERE? On-site at Ursinus

WHEN? During Normal Working Hours

HOW? This is a covered benefit under the Independence Blue Cross company health insurance plan. Each individual gets **6 meetings** covered through the IBC insurance plan. If you have another plan, CHARGE can verify benefits for you!

WHO? Individuals looking to lose weight, build muscle, or hit health goals!

WHY? Take CHARGE of your health and live your best life NOW!

GET STARTED TODAY

Contact your dietitian Rachel to schedule an appointment!

E: rachel@thechargegroup.com



Weight Loss



Better Sleep



Healthy Lifestyle



Lean Muscle



Energy



Stress Management