

Are you ready to make a
change to live a healthier life?



Lifestyle Management Programs

Weight Management

Start your journey towards being healthier. This program covers healthy eating and physical activity. Learn how many calories you should consume and how to start being more active.

Nutrition

We are faced with unhealthy food choices on every corner, lack of time to make healthy meals, and temptations of diets that promise a quick fix. This program gives you the foundation to learn to eat right and live healthy.

Physical Activity

Learn the importance of physical activity. Discover tips and guidelines to get your heart pumping with cardio, strength training, stretching and flexibility techniques. Also, learn ways to stay motivated.

Stress Management

Explore different techniques to learn how to manage your stress. Find ways to be a better time manager and effectively handle daily demands.

Tobacco Cessation

Have you wanted to quit using tobacco? This program provides you with the tools and techniques to stay motivated to quit.

Pre and Post Natal

Expecting? Find out ways to have a healthy pregnancy and healthy baby. Learn how your baby is developing, how to eat healthy and other tips that will help you give your baby a healthy beginning.

Your Health Resources

Health Educators

Let our master's degreed health educators guide you and provide you with the health and wellness tools you need to live a long, healthy, and active life.

Resource Library

Looking for a way to lower your cholesterol? Want to know what foods are full of antioxidants? Want to know what strength training exercises you can do at home? We have a variety of resources and tips to steer you in the right direction.

About our Programs

The Lifestyle Management programs are structured as one-on-one sessions, done over the phone, and scheduled at times that are convenient for you. **The programs are offered at no additional charge.** Most class sessions take about 10-15 minutes with the program completed in a few months.

* Programs are also available in Spanish.

If you are ready to make a
change call Delta TeamCare to
enroll in a program today!



866-724-0032