

CONWAY REGIONAL WELLNESS & DIABETES EDUCATION



SIMPLY WELL Weight Loss Program

Conway Regional is now offering a new program focused on weight loss and healthy living. Facilitated by the Wellness and Diabetes Education team and the staff at the Conway Regional Health and Fitness Center, the Simply Well program is engineered to help you lose weight and improve your well-being. For more information about the Simply Well weight loss program, call 501-513-5248.

Services Include:

- Preliminary appointment with a Registered Dietitian / Certified Lifestyle Coach
- InBody Assessment
- Frequent nutrition consults with Registered Dietitians
- A membership to the Health & Fitness Center
- Personal training sessions
- Weekly check-ins with a Certified Lifestyle Coach
- Monthly seminars



WELLNESS & DIABETES
EDUCATION SERVICES