



Kick-start your health by taking advantage of a free insurance benefit!

COPE is offering on-campus nutrition counseling for employees who currently participate in Villanova's health plans

Nutrition counseling can help you:

- Improve your weight.
- Discover ways of eating to maximize nutrition.
- Better control health conditions like diabetes and high blood pressure.
- Find out about the latest evidence-based health news.

➤ **What is the cost?**

Free up to 6 visits per year

➤ **Where are the sessions held?**

In Driscoll Hall, right here on campus!

➤ **How long are the sessions?**

Private, one-on-one sessions can range from 30 mins to 1 hr and 15 mins

➤ **How do I schedule an appointment?**

Visit www.villanova.edu/COPE to sign up online -- it's that easy!

Proper nutrition is an important component for overall good health.

For more information, please contact:
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