

Health and Nutrition Classes and Counseling

Wellspan Out Patient Nutrition Services

York – (717) 337-4107

Simply Healthy classes

Apple Hill Medical Center
25 Monument Rd.

York, PA

Registration required

(717) 851-5590

This four-week program offers steps to weight loss and a healthy living. A variety of topics will be covered from personal lifestyle assessment to grocery tips to quick and healthy meals at home.

Personal Nutrition Consultations and Counseling

Whether your goal is to improve general nutrition, increase energy, lose weight, increase anti-aging agents or address specific health issues such as cancer or heart disease, a registered dietitian can help you formulate a nutrition plan unique to your needs.

Provider: Dale Green, RD, LDN

Cost: Initial consultation \$60

follow-up \$30/half hour

Please call (717) 851-5590 or [email CMBH@wellspan.org](mailto:CMBH@wellspan.org) for an appointment.

Stress Reduction For Life Challenging Illness

WellSpan Office Center
45 Monument Rd.

Discover how to improve your health, strengthen your immune system, and promote healing using relaxation techniques stress reduction, nutrition and movement.

Speaker: Edward Q. Rodgers, MD

Center for Mind/Body Health

Wednesday, April 15 to June 3

6:30 PM – 8:30 PM

Cost: Insurance may cover some or all of this 8-week program

Registration is required

(717) 851-5590

Healthy Eating Websites

<http://www.nutrition.gov>

<http://www.eatbetteramerica.com>

<http://www.fastfoodbook.com/>

<http://www.mayoclinic.com/health/food-and-nutrition/NU99999>

<http://www.fruitsandveggiesmorematters.org>

<http://www.mypyramid.gov/>

www.eatright.org

<https://familyhistory.hhs.gov/fhh-web/home.action>

<http://health.discovery.com/tools/calculators/basal/basal.html>

<http://www.hsph.harvard.edu/nutritionsource/>

Weight Loss Groups

A Healthy You

YWCA

320 E. Market St.

York, PA 17401

Registration is required

Cost: \$15

(717) 851-3500 or 1-800-840-5905

Expanded Foods & Nutrition Education Program

112 Pleasant Acres Rd.

County Annex Building

Suite J

York, PA 17402

(717) 840-7408

Jenny Craig

www.jennycraig.com

1-800-597-JENNY

Memorial Hospital

325 South Belmont Street

York, PA

Sandy – (717) 239-0712

Nutritional Counseling

Memorial Hospital

(717) 849-5507

Nutritional Education Center of York

Sherwood Plaza

332B N Main St.

P.O. Box 154

York New Salem, PA 17371

<http://www.necoy.com>

nutrition@necoy.com

(717) 718-5033

Overeaters Anonymous

<http://www.oa.org/index.htm>

(505) 891-2664

Personalized Weight Loss Programs

Dr. Kevin B. Owens
Chiropractic Athletic Center
1785 Loucks Rd.
York, PA 17408
<http://www.chiropracticathleticcenter.com>
(717) 767-4151

TOPS

<http://www.tops.org/>
(414) 482-4620

TOPS

St Matthew's Lutheran Church (TOPS #PA 0088)
839 W Market St.
York, PA 17401
Mon: 5:30-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

West York Missionary Church (TOPS #PA 0552)
1497 W Philadelphia St.
York, PA 17404
Wed: 6:00-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
COORDINATOR: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Manor Care (TOPS #PA 0193)

100 W Queen St.
Activity Room
Dallastown, PA 17313-2133
Mon: 6:30-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Grace Lutheran Church (TOPS #PA 0927)
220 N Charles St.
Red Lion, PA 17356
Mon: 6:30-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

St Peter's Church (TOPS #PA 1128)
1708 Seitzville Rd.
Lower Level
Seven Valleys, PA 17360
Thur: 5:45-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

St John's Lutheran Church (TOPS #PA 1397)
28 N. 3rd Street
Basement
Mount Wolf, PA 17347
Wed: 6:00-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Grace Lutheran Church (TOPS #PA 1444)
220 N Charles St.
Basement
Red Lion, PA 17356-1616
Tues: 8:45-9:30 AM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Strinestown United Brethren Church (TOPS #PA 1250)
5675 Susquehanna Trail
Manchester, PA 17345
Tues: 5:30-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Christ Lutheran Church (TOPS #PA 1461)
66 S. Main St.
Lower Level
Manchester, PA 17345
Wed: 6:00-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Mount Zion Lutheran Church (TOPS #PA 1545)
2164 Mount Zion Rd
Fellowship Room
York, PA 17406
Tues: 5:30-6:15 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Mount Zion Potosi United Methodist Church (TOPS #PA 1561)
10730 Mount Zion Rd.
Lower LEVEL
Glen Rock, PA 17327
Tues: 10:30-11:00 AM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Mount Joy Church Of God (TOPS #PA 1107)
30 E Main St.
Basement
Mount Joy, PA 17552
Tues: 6:30-7:00 PM (weigh-in/meeting times)
Area Captian: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Zwingli United Church Of Christ (TOPS #PA 0832)
403 W King St.
East Berlin, PA 17316
Tues: 6:20-6:50 PM (weigh-in/meeting times)
Area Captain: Justin C Bacon
Mechanicsburg, PA
(717) 608-7742
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

St Paul's Lutheran Church (TOPS #PA 0210)
127 York St
Hanover, PA 17331
Thur: 5:30-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Dillsburg Senior Activity Center (TOPS #PA 1091)
2 N 2nd St.
Dillsburg, PA 17019
Mon: 6:00-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl
Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris
Allentown, PA
(610) 791-3712

TOPS

Meadowood Senior Apartments (TOPS #PA 1225)
700 Old York Rd.
All Purpose Room
Dillsburg, PA 17019
Thur: 9:00-9:30 AM (weigh-in/meeting times)
Coordinator: Lillian Brueilly
Mansfield, PA
(570) 662-3359

Weight Watchers

www.weightwatchers.com

Weight Watchers

Gabriel Brothers Plaza
1278 Greensprings Dr. [#C78-80]
York, PA 17402
Sun – 9:30 AM; Mon – 6:30 PM; Tue – 6 PM;
Wed – 10:30 AM, 12:00 PM, 5:30 PM & 7 PM;
Thur – 10:30 AM & 6PM; Fri – 9:30 AM; Sat – 10:30 AM

Weight Watchers

York Commerce Center
2152 White St.
York, PA 17404
Sun – 12 PM : Mon -5:30 PM ; Tue –
10 AM, 12:15 PM 5:45 PM;
Wed – 5:45 PM; Thur – 10:30 AM, 6
PM; Fri – 10 AM; Sat – 8 AM, 9:30 AM

Weight Watchers

Red Lion Senior Center
20 Gotham Place
Red Lion, PA 17356
Wed – 6 PM

Weight Watchers

Paradise Lutheran Church
3241 Church Rd.
Thomasville, PA 17364
Tue – 6 PM

Weight Watchers

Columbia United Methodist Church
510 Walnut Street
Columbia, PA 17512
Tue – 6:30 PM

Weight Watchers

St. Mark Lutheran Church
129 Charles St.
Hanover, PA
Greg – (717) 451-8723

York Weight Loss Centers

Dr. Tomas J. Friedrich, MD
2240 S. Queen St.
York, PA 17402
(717) 741-3825
<http://www.thefamilyhealthcntr.com/>

Weight Loss Websites

<http://www.nlm.nih.gov/medlineplus/obesity.html>

<http://www.oa.org/index.htm>

<http://www.nlm.nih.gov/medlineplus/obesity.html>

<http://www.oa.org/index.htm>

<http://win.niddk.nih.gov>

www.foodallergy.org

www.nhlbi.nih.gov/chd/lifestyles.htm

www.americanbean.org

www.mypyramid.gov

www.talksoy.com

www.wholegrainscouncil.org

www.mrsdash.com

www.healthydiningfinder.com

www.caloriecontrol.org

<http://www.calorieking.com/>

http://www.prohealth.com/weightloss/tools/exercise/calculator1_2.cfm