

## **Important Information Before Your First Session**

Welcome to the CHANGE program! Congratulations on enrolling in the 1-year PCN CHANGE program. CHANGE is an evidenced based program that helps people make sustainable changes to their eating and physical activity lifestyle.

The first 3 months will involve weekly group sessions that include 1 hour of healthy eating discussion and 1 hour of physical activity.

The next 9 months will involve monthly group sessions. Your session time and day of the week will stay the same throughout the year.

### **Please print off, sign and bring to your first session:**

- Letter of commitment
- Consent for Disclosure
- Get Active Questionnaire

### **Please print off, and complete, the assessment questionnaires, and bring to your first session:**

- Confidence scale
- EQ-5D-5L
- Godin Physical Activity questionnaire
- Mediterranean Diet questionnaire

### **Print of the following forms for your information:**

- Assessment description
- Items to bring to your sessions
- Schedule of program dates

Participation in the CHANGE program involves group sessions. We encourage participants to share with others, get to know other CHANGE participants, and we also remind participants that what happens in CHANGE stays in CHANGE. Show fellow participants the same privacy and respect that you would expect in return.

A clinician from the CHANGE team will contact you 1-2 weeks before your first session to remind you of the program start and to answer any questions. If you have any questions regarding the CHANGE program, please contact the PCN at 780-410-8000 and ask for a member of the CHANGE team.