Changing Lifestyles is a multi-faceted program which focuses on helping you lead a healthier life. The programs we offer are designed to fit into your lifestyle while meeting your needs. Our experienced, compassionate staff is here to coach and support you as you meet your goals. Every step of the journey towards a healthier life is important and Changing Lifestyles is here so you don’t have to do it alone.

Changing Lifestyles is a supportive program staffed by a group of caring, experienced professionals, which includes a Registered Dietitian and Certified Diabetes Educator, a Registered Nurse, a Medical Doctor, and a Licensed Clinical Social Worker.

If you are interested in Changing Lifestyles and any of the available programs, please call us at (970) 625-6200 or talk to your healthcare provider to see if it is right for you.
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**Weight Management Program**
Keeping a healthy weight and an active lifestyle are paramount to good health. If you have fallen off track, Changing Lifestyles can help you meet your weight goals. Our Weight Management Program includes three components: individual counseling, the OPTIFAST Program, and Bariatric Surgery Support.

**OPTIFAST**
The OPTIFAST Program succeeds because it treats the whole you. The great-tasting, nutritionally complete, full meal replacement products can help you lose weight under medical supervision and significantly reduce weight-related health risks.

Across the nation, participants saw a 52 lb average weight loss, 29% reduction in blood glucose, 15% reduction in cholesterol, and 10% reduction in blood pressure.

Your healthcare provider must approve the Optifast Program before you begin. Talk to your doctor today to see if OPTIFAST could be right for you or call Changing Lifestyles at Grand River for more details.

**Diabetes Management Program**
Diabetes affects over 23 million people in the United States, but that doesn’t mean you can’t live a full, active life if you are diagnosed.

At Changing Lifestyles, we can teach you to manage your diabetes, whether you have just been diagnosed or have had diabetes for years. Our staff can work with you to help you achieve a healthy diet, an active lifestyle, and manage your medications. We can offer our support if you have questions, worries, or just need someone to talk to.

**Bariatric Surgery Support**
Changing Lifestyles offers monthly support groups for those considering bariatric surgery (weight loss surgery) or those who have already had surgery.

Together with a collaboration with Presbyterian St. Luke’s Medical Center in Denver, we are able to offer pre and post operation nutritional counseling and mental health screenings, as well as a support group to get you acclimated to your changing lifestyle.