



## Hastings Weight Management Resources

### Community classes and activities

#### Regina Medical Center Nutrition Services

**Location:** Regina Medical Center

**Offers:** Registered Dietitians Providing Nutrition Education, consultations, creation of personal dietary plan to help meet personal health goals, provide nutritional education, offer suggestions on grocery shopping, reading nutrition labels, cooking tips and plenty more!

**Eligibility:** Must call ahead to schedule, everyone is welcome

**Cost:** Can pay out of pocket or bill to insurance dependant on plan coverage

**Contact information:** (651) 404-1543, [www.reginamedical.org](http://www.reginamedical.org) - "Patient Services" then "Nutrition"

#### Hastings Community Education

**Location:** Different schools and venues within the community and surround areas, varies by classes

**Offers:** A variety of classes such as Community Wellness Education classes, Healthy Eating Classes, cooking classes, and a wide range of different exercise classes geared towards weight loss. Specialty class includes Group Hypnosis Class to Control Weight / For Weight Loss, conducted by Dr. Mary Fischer, Doctor of Clinical Hypnosis

**Eligibility:** Everyone

**Cost:** Classes and seminars vary in price

**Contact information:** 651-480-7670, <http://www.hastingscommunityed.com/> For more information about hypnosis and Dr. Mary Fischer <http://www.hypnosisclinic.net>

#### Weight Watchers

**Location:** West view Shopping Center, 1355 S Frontage Rd #360A Hastings, MN 55033

**Offers:** A science-driven approach to help participants lose weight by forming helpful habits, eating smarter by measuring and limiting the quantity of foods consumed, getting more exercise and providing support. This can be done in a group setting or individually online. There are variety of dieting products, services and tools to assist weight loss and maintenance.

**Eligibility:** Members of Weight Watchers

**Times:** Wednesday 1030am or 530pm, Thursdays 530pm

**Cost:** Depends on length of commitment

**Contact information:** 800-651-6000, [www.weightwatchers.com](http://www.weightwatchers.com)

#### Take Pounds off Sensibly (TOPS)

**Location:** Our Savior's Lutheran Church - upstairs, 400 9th St W Hastings, MN 55033

**Offers:** Non-profit weight loss support and wellness education programs with the option for weekly meetings or online only programs that encourage healthy eating, regular healthy eating, awards and recognition, offer online tools, and a great support network.

**Eligibility:** U.S. & Canadian residents

**Times:** Thursdays 5:45 pm & Fridays 9:15am

**Cost:** 1<sup>st</sup> visit is free; to join there is a \$30 annual fee and a \$5 monthly local chapter fee = \$90 yearly

**Contact information:** <http://www.tops.org/default.aspx> , Ami Heesch [aheesch4@gmail.com](mailto:aheesch4@gmail.com) or Shari Kieper [kiepers@centurytel.net](mailto:kiepers@centurytel.net)

### **Overeaters Anonymous**

**Location:** United Methodist Church, 615 W 15<sup>th</sup> St Room 117, Hastings, MN 55033

**Offers:** A program of recovery from compulsive eating to help those who suffer from overeating or those who have relapsed. Its concept is based on a 12 steps program. Participants who are interested in learning about nutrition or seek professional advice are encouraged to consult freely qualified professionals.

**Eligibility:** Anyone who is experiencing different symptoms of food behaviors or recovering from an eating or weight disorder.

**Times:** Tuesdays at 7:00 pm

**Cost:** Free

**Contact information:** Mary Jo (651) 438-2159 <http://www.oa.org/>

## **Fitness centers and Gyms**

### **Locations:**

- Anytime Fitness: 101 10<sup>TH</sup> St E, Hastings, MN 55033
- Hastings Snap Fitness: 275 33<sup>RD</sup> St W, Hastings, MN 55033
- Hastings YMCA: 85 pleasant Drive, Hastings, MN 55033

**Offers:** Open gym times, personal training, classes vary by club

**Eligibility:** Everyone is welcome to join

### **Times:**

- Anytime Fitness: 24/7
- Hastings Snap Fitness: 24/7
- Hastings YMCA: Mon – Fri 5 am – 10 pm, Sat and Sun 6 am – 9 pm

**Cost:** Varies by club and current promotions, day passes available for all

### **Contact information:**

- Anytime Fitness: (651) 438-8818, <http://anytimefitness.com/gyms/892/hastings-mn-55033>
- Hastings Snap Fitness: (651) 438-9309, <http://www.snapfitness.com/gyms/hastings-mn-55033/92>
- Hastings YMCA: (651) 480-8887, [http://www.ymcatwincities.org/locations/hastings\\_ymca/](http://www.ymcatwincities.org/locations/hastings_ymca/)