

Weight Loss Information and Resources



Weight Loss Based Programs

<p>UMass Endo Weight Management Program UMass University ACC Building 55 Lake Ave. North Worcester, MA</p>	<p>Accepts health insurance - Referral from PCP required</p>	
<p>Bariatric Surgery Department UMass University Campus 55 Lake Ave. North Worcester, MA</p>	<p>(774) 443-3886</p>	<p>Accepts some insurance plans Self-referral</p>
<p>Medi Weight Loss (medication options) 99 Chelmsford Rd. North Billerica, MA 01862</p>	<p>(978) 244-0411</p>	<p>Accepts some insurance plans Self-referral</p>
<p>Worcester Weight Loss Center (medication options) 1 Kelley Square Worcester, MA 01610</p>	<p>(508) 817-9308</p>	<p>Does not accept insurance Self-referral</p>
<p>Nutrition and Crossfit696 (endorsed by Megan Cali, FNP) www.crossfit696.com</p>	<p>(978) 502-1443</p>	<p>Does not accept insurance Self-referral</p>

Nutrition-Focused Programs

<p>Kelsey Rigopoulos - Nutrition Counseling Virtual/Telehealth options, also addresses GI issues and disordered eating and body image health www.kelseyrigopoulosrdn.com</p>	<p>(978) 846-6164</p>	<p>Accepts some insurance plans Self-referral</p>
<p>UMass Diabetes and Nutrition Center 60 Hospital Rd. Leominster, MA</p>	<p>Accepts some insurance plans Requires referral from PCP</p>	
<p>Find Food Freedom - Virtual Registered Dietician 1:1 Counseling / Non-diet based approach / Intuitive eating</p>	<p>Accepts some insurance plans www.find-foodfreedom.com</p>	

Resources for Eating Disorders and Disordered Eating Therapy

<p>www.psychologytoday.com/us</p>	<p>Virtual and in-person resources</p>
<p>www.helloalma.com</p>	<p>Virtual and in-person resources</p>
<p>www.amyaubertin.com</p>	<p>Located in Leominster, MA</p>