Please react or respond to the questions in terms of the overall program.

1. What is the first thing that comes to your mind as you think of the *A New You: Health for Every Body* program?

2. If you have benefited from participating in the program, what are some of those benefits?

3. If you were in charge of the program, what would you do to improve it?

4. Please think back on the program activities and handouts. If you remember any being especially useful or helpful, what were those?

5. What concepts or ideas have been hard to use or implement in your life?

6. What concepts or ideas have been easy to implement in your life?

7. What ideas from the program have you shared with other people?

8. What other comments or suggestions do you have about *A New You: Health for Every Body*?