

Hello,

We look forward to welcoming you back to the Duke Diet and Fitness Center. Here is some useful information to help you plan your trip:

- A sample return schedule
- The DFC's exercise stress test policy for return participants
- A reminder on packing for your trip
- Directions to the DFC

All return clients will be scheduled for a medical check in appointment. Scheduled appointments start at **8:30 am on **Monday** the week of your arrival.
YOUR SCHEDULED APPOINTMENT TIME CAN BE LOCATED IN YOUR RETURN FOLDER AT THE FRONT DESK.**

Orientation for return clients will be held at 12:00 noon on Monday where you will receive instructions about the schedule and how to customize your program

Note: Your dinner upon arriving on Sunday is included in your program fee. In the event you would like to pre-select your meals, please go to the "Member Area" of our website, www.dukedietcenter.org. Upon completion, please fax the menus to Nutrition at 919-684-4724 prior to admission.

Along with your medical appointment, you will be scheduled for an accounting appointment where you will receive your menus for the week(s) of your stay.

Please bring your own lock for the lockers or you may purchase one here at cost of \$10.00.

If you are arriving midweek or prior to orientation on the weekend, please check in at front desk for further instructions.

If you have any questions regarding your upcoming visit, contact us at 1-800-235-3853. We look forward to seeing you again soon!

Sincerely,

Dina Lumia
Client Relations