



Do you want to get *healthy* but don't know how to begin?

JOIN US FOR *Jumpstart to Wellness!*

Presented by the Tevis Center for Wellness at Carroll Hospital and Living Well at the J

Get valuable nutritional information from LifeBridge Health certified professionals, while committing to a regular workout routine at the JCC.

Virtual SESSIONS INCLUDE:

- Principles of Healthy Weight Loss
- Planning Well Balanced Meals
- Cooking Demos
- Diabetes Prevention Tips
- Cardiovascular Health Awareness
- Sleep Health & Hygiene
- Stress Management & Mindfulness

"Dana provides lots of details that are presented in a way that is very easy to understand and implement."
– Janet D.

FITNESS *commitment:*

- Two Workout Orientation Sessions
- Workout at the JCC three or more days a week, minimum 30 minutes
- Options include:
Cardio & Strength Machines
Group Fitness Classes
Walk/Run on the Track
Swim or Water Aerobics Class
Pickleball or Basketball

8-Week Program

**Virtual Classes: 5:30-6:30pm
Tuesdays, Jan. 9 - Feb. 27**

Participation Fee: \$20/JCC Members

All are welcome to join, but registration is limited.
TO REGISTER: CALL 410.871.7000

Questions? Email the Community Nutrition Educator at Carroll Hospital's Tevis Center at dmealing@lifebridgehealth.com