



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

### 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

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

**8-Week Program**

**Virtual Classes: 5:30-6:30pm  
Tuesdays, June 18 - August 6**

**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](mailto:dmealing@lifebridgehealth.com)