



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
- 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, Jan. 7 - Feb. 25, 2025
Register by January 3, 2025

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.org