



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, July 14- Sept 1, 2026 Register by July 1, 2026	Participation Fee: \$20/JCC Members
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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

