



proudly presents

L.E.A.N for Life

Lifestyle+**E**ducation+**A**ctivity+**N**utrition

A **FREE** 8-week lifestyle change weight loss class taught by **MUSC students** and supervised by the **MUSC Weight Management Center**

- Find ways to live healthier so that you can lose weight and better manage chronic health issues, such as diabetes or hypertension
- Learn effective exercises you can do at home without extra equipment
- Learn how to make your recipes healthier (including soul food!)



Starts: JANUARY 28, 2017

Time: Saturdays, 10:30-11:30am

Where: SHAW COMMUNITY CENTER,

20 MARY STREET, CHARLESTON, SC 29403



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To join, you must:

- Be 18 years or older
- Have **NO** health insurance
(Medicaid is acceptable)



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Call or Email to Join

843-792-2350

bridg@musc.edu