

Introducing a free, fun & easy way to get healthier!

jumpstart



A **new** wellness program designed to help you better manage your blood pressure.
PLUS, you'll receive FREE Snacks, Gifts, & Class Materials Every Week.

Each 8-week session is absolutely FREE!

CHOOSE YOUR SESSION

July 8 – August 30
September 2 – October 25
October 28 – December 20

Select the evening or daytime group.

How will JumpStart help me?

- Learn how to reduce your blood pressure
- Taste and learn easy, affordable, heart-healthy recipes
- Join in group exercises designed for all ability levels



Take the first step to better health!

For QUESTIONS or to REGISTER

Contact Helen Harris at (706) 250-2508
or email: jumpstart@goodsamhwc.org 

BROUGHT TO YOU BY

