



BESTHealth

Dietary Lifestyle Transformation Program

Transform your health with our program designed to prevent Type 2 diabetes and achieve weight loss. Through time-restricted eating and real food nutrition, you'll receive expert guidance on fasting and nutrition, plus accountability support for lasting lifestyle changes. Enjoy increased energy, weight loss, and the prevention of chronic conditions with our holistic approach dedicated to long-term health and wellbeing.



Where?

Microsoft Teams

When?

August 10 - October 21

Choose one class per week:
Mondays or Wednesdays @ 11:30 a.m.

Program Duration?

Twelve weeks

**Registration Deadline:
August 6 @ 12 p.m.**

Register Today!



Elevate your health with us and embark on a journey towards a healthier, happier you!

Funded by a grant from the Baptist Memorial Health Care Foundation.

For more information contact BestHealth at 901-227-2378 (BEST) or BestHealth@bmhcc.org