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?

January 11 - March 31

Choose one class per week:
Mondays or Wednesdays @ 12 p.m.

Program Duration?

Twelve weeks

Registration Deadline:
January 7 @ 12 p.m.

Register Today!

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

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