



Get the tools you need to make healthier choices every day. Our *Go Healthy!* and *Go Healthy +* weight management programs are designed to help you achieve your nutrition goals and establish healthy habits to maintain your success.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am					
6:30 am		Becca: <i>Go Healthy!</i>			
7 am	Kim: <i>Go Healthy!</i>		Becca: <i>Go Healthy +</i>		
7:30 am		Shannon: <i>Go Healthy +</i>		Shannon: <i>Go Healthy!</i>	Kim: <i>Go Healthy +</i>
8 am					
8:30 am	Kim: <i>Go Healthy!</i>				Patrick: <i>Go Healthy!</i>
11 am				Patrick: <i>Go Healthy!</i>	
11:30 am			Becca: <i>Go Healthy! +</i>		Becca: <i>Go Healthy!</i>
12 pm	Kim: <i>Go Healthy +</i>	Shannon: <i>Go Healthy +</i>	Shannon: <i>Go Healthy!</i>	Patrick <i>Go Healthy +</i>	
12:30 pm					
4 pm			Ryan: <i>Go Healthy! +</i>		
4:30 pm				Ryan: <i>Go Healthy!</i>	
5 pm	Ryan: <i>Go Healthy +</i>	Patrick: <i>Go Healthy!</i>			
5:30 pm					
6 pm	Ryan: <i>Go Healthy!</i>				

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