

# Want to Lose Weight or Get in Better Shape?



## If you . . .

- Are a woman between the ages of 18-44
- Live in Baltimore City
- Are overweight/obese with a BMI over 25 (it is ok if you do not know your BMI when you call)
- Have a child that is aged 2 or younger
- Receive public assistance: WIC, SNAP, TCA, Medical Assistance, etc.

## Then you can . . . B'more Fit!

B'more Fit is a weekly weight loss program for low-income, postpartum women in Baltimore City featuring Weight Watchers counseling and group exercise facilitated by trainers from Brick Bodies or the Y of Central Maryland. Childcare included as available. You pay \$1 per week, but the retail value of these services is worth over \$50 per week. Funding provided by the federal Office on Women's Health, the Stulman Foundation, the U.S. Conference of Mayors, and Weight Watchers.

### Days, Times and Locations

#### English speaking

Mondays: 6:00-7:45 pm  
(childcare check-in starts at 5:30)  
Druid Family Center Y  
1609 Druid Hill Ave.

#### Spanish speaking

Tuesdays: 6:00-7:45 pm  
(childcare check-in starts at 5:30)  
VS Baker Recreation Center  
2602 E. Baltimore Street

To enroll in these programs or make a referral, please call Charlene Batts-Thomas at Dru Mondawmin Healthy Families, (410)225-3555 x 225 or (410)926-2493 or call Cynthia Collins at (410)225-3555 x250 or (443)315-9685.



weightwatchers

FAMILY LEAGUE  
OF BALTIMORE

B'more for  
Healthy Babies.  
*Every baby counts on you*

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[www.healthybabiesbaltimore.com](http://www.healthybabiesbaltimore.com)