

# B'more Fit! Where YOU Fit In!



## If you . . .

- Are a woman between the ages of 18-44
- Live in Baltimore City
- Need to lose weight, with a BMI over 25 (it's ok if you don't know your BMI)
- Have a child that is under age 6
- Receive public assistance: WIC, SNAP, TCA, Medical Assistance, etc.

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

Join B'more Fit, a free weekly program to help you lose weight, cut back on stress, and get more healthy!

Every week, you will enjoy an exercise class and group meetings about nutrition and stress management. Our Monday night group includes lessons for your kids about fitness and eating healthy.

At each site, licensed childcare workers will take care of your children when you go to the program.

What are you waiting for? **Get in where YOU fit in and join B'more Fit today!**

*Check out  
our new  
location  
on the west  
side!*

### English speaking

Mondays: 6:00-7:45 pm  
(childcare check-in starts at 5:30)  
Leonard Hicks Community Center  
2718 W North Avenue

### Spanish speaking

Tuesdays: 6:00-7:45 pm  
(childcare check-in starts at 5:30)  
VS Baker Recreation Center  
2601 E. Baltimore Street

**To join B'more Fit or to refer someone, call Jennifer Solomon at 443-621-8889  
or email [jpsolomon22@gmail.com](mailto:jpsolomon22@gmail.com)**

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