

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!**

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
2601 E. Baltimore Street

To join B'more Fit or to refer someone, call Donnica Fife-Stallworth at (410) 735-1773.

B'more Fit is funded by the Aetna Foundation, American Beverage Association, The Harry and Jeanette Weinberg Foundation, Kennedy Krieger Foundation, and other supporters of B'more for Healthy Babies.