

FIU MELTDOWN WEIGHT-LOSS CHALLENGE



Are you ready to meltdown those extra pounds?

Beginning August 31st, embark on this 10-week transformation journey of healthy eating, exercise, and creating positive habits for a better you!

This program is also open to your friends and family members! Journey together!

Join us every Wednesday to learn more about the topics below:

- Welcome Weigh-In (8/31)
- Goal Setting & Tracking, and Building a Healthy Plate
- Get More Active
- Supermarket Smarts
- Stress Management
- Mindful Eating
- Find Time for Fitness
- Tips for Dining Out
- Let's Get Cooking
- Final Weigh-In & Farewell Celebration! (11/9)

Virtual programs will begin on Wednesday, September 7th @6PM
Zoom ID: 977 4669 2458 Password: zoom



[Register Today!](#)

For more information email:
programs@baptisthealth.net or pawswellness@fiu.edu