

# B'more Fit! Where YOU Fit In!



## 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 5 years or younger
- Receive public assistance: WIC, SNAP, TCA, Medical Assistance, etc.

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

Join B'more Fit, a weekly weight loss program designed just for you. Learn healthy tips to lose weight, eat better and feel great! Get in shape with group exercise classes led by trainers from Brick Bodies or the Y of Central Maryland. Licensed staff are on site for your childcare needs as available. The program is free, but if you contribute to our prize pot, you could win a cash prize! What are you waiting for? Get in where YOU fit in, join B'more Fit today!

### 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 join B'more Fit or to refer someone, 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.

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