



## TEACHERS: Ready for a New You? Try LoseWell!

**Lose a little, gain a lot.** Losing weight can reverse or prevent diabetes, lower blood pressure and cholesterol, and decrease your risk of heart attack or stroke. In fact, losing just 10 percent of your body weight can have major benefits!

**You don't have to go it alone.** LoseWell, a medically based weight-management program offered by Greenville Health System (GHS), provides tools and support to help you achieve your weight goals. **And this summer series is just for teachers!**

### Here's what the program includes:

- Support from your own team—health coach, nurse practitioner, registered dietitian and exercise specialist who will work with you every step of the way
- Biometric screening, including height, weight, blood pressure, waist, A1c, and cholesterol panel at the start and end of LoseWell to track your progress
- Membership at Sportsclub or GHS' Life Center during the program

**Cost:** For non-GHS health plan members, the cost is \$249 and includes everything listed above. If you join with a friend, you each pay just \$199. LoseWell is FREE for GHS employees, spouses and dependents (over age 18) covered by GHS' health plan.

### Summer Series Schedule

- **Week of June 4:** One-on-one orientation scheduled at your convenience
- **June 11-July 18** (Monday & Wednesday): Class runs 10-11:30 a.m.
- **August-December:** Classes meet one Wednesday a month from 5-6 p.m.

To learn more or sign up, contact Brianna at **(864) 522-3144** or **LoseWell@ghs.org**.



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