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COUNT YOURSELF HEALTHY.

A six-session program to get you exercising for the rest of your life.

Program Director
Geoffrey Berg MD

If your answer to the question, “How much do you exercise?” is “Not as much as I should,” this class is for you.

You'll learn:

1. Why exercise is so important.
2. How much you need to dramatically improve your health. (It's less than you think.)
3. What your exercise prescription should be.
4. A plan for you to start and maintain that plan for the rest of your life.
5. Support, encouragement, and feedback to get you up and walking to a happier, healthier life.

If you are serious about wanting to exercise but don't know where to begin or how much to do, this program is for you.

The only requirement is that you can walk for ten minutes without resting.

Dates: Tuesday, 9/12, 9/19, 9/26, 10/3, 10/31 and 11/28.

Time: 7 – 8 PM

Place: The Miriam Hospital
164 Summit Ave.
Providence, RI 02906

Cost: \$40 for all six sessions

To register, please contact:

Lifespan Health Connection
444-4800 or 800-927-1230
Pdrapcho@lifespan.org