



## The Teen RENEW Program at Baptist Women's Hospital

Being overweight can affect a lot more than your popularity. Obesity is a major risk factor for diabetes, heart disease, and a host of other serious illnesses.

Baptist can help create a healthier you through our 12-week Teen RENEW program. It's free, personalized, and fully supervised by licensed professionals.

- For boys and girls ages 12 to 18 who are 20 pounds or more overweight
- Individualized sessions for participants with a dietitian and personal trainer to come up with a food and exercise plan
- Lifestyle instruction from a certified diabetes educator
- Free blood testing for diabetes or prediabetes
- Involvement of parents encouraged

The 12-week program begins in the summer of 2009. For more information, please call 227-9133.

*Teen RENEW is made possible through the Project Diabetes grant from the state of Tennessee.*

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