

Roper St. Francis Healthy Lifestyle Program

Initial Assessments



Foundation Program

Foundation

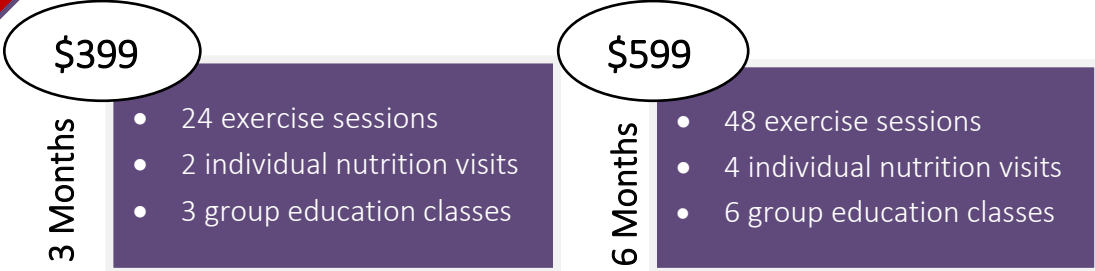
- Twice a week group exercise sessions (3-4 per group) at Roper St. Francis Mt Pleasant Hospital location led by Certified Personal Trainer
- Monthly Individual Nutrition visits with Registered Dietitian
- Monthly Group Education classes



Transition Program

Transition

- Only available after completion of Foundation Program
- Twice a week larger group exercise sessions (5-6 per group)
- Less frequent individual nutrition visits with Registered Dietitian
- Monthly Group Education classes



Call to enroll: Amy Mendez (843) 606-7586