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United Way of  
Greater Lorain County



***A Once-in-a-Lifetime Opportunity to Improve Your Health!***  
**Apply for the THRIVE!**  
**Combating Metabolic Syndrome Program Now!**

For the third year in a row, THRIVE! Southern Lorain County is funding a special program that literally can save lives: it's the "Combating Metabolic Syndrome" program managed by Mercy Health-Faith Based Community Nursing.

The six-month program is designed to help reduce the risks of diabetes, obesity and stroke for residents of southern Lorain County. It is free to anyone aged 18 and older. Only a limited number of applicants (20) will be accepted into the program, regardless of pre-existing medical conditions.

**What Is "Metabolic Syndrome"?**

Metabolic Syndrome is a cluster of conditions that includes abdominal fat, high blood pressure, high blood sugar and unhealthy cholesterol levels. Treatment is focused on tackling each of these conditions. The goal of the "Combating Metabolic Syndrome" program is to decrease participants' blood pressure (BP), waist circumference, blood glucose and triglycerides, as well as increase the High-Density Lipid (HDL) cholesterol level, if low.

**How Does the Program Work?**

Once individuals are accepted, they will enjoy a comprehensive program that begins with laboratory tests evaluating their blood sugar, cholesterol and other levels, as well as a prostate test for men 40 and older. Participants will also be checked for their initial weight, waist measurement, height and blood pressure. Each participant will receive a gift bag with tools to enable them to be successful in the program.

Mercy will educate participants on how to know their lab numbers, Cholesterol, healthy snacks, exercise, positive motivation and Metabolic Syndrome. Mercy nurses will act as coaches to offer encouragement to participants and check on what struggles they might be having with the program.

**Apply for the Program Now!**

Apply for the program between February 1 through February 15. No applications will be accepted after February 15. The program officially begins March 7 and ends in August 2023.

**Time is of the essence. To apply for the program email Betsy Neubauer, RN, and request an application, at: [BNeubauer@mercy.com](mailto:BNeubauer@mercy.com); telephone 440-989-3902.**