



POWERED BY



United Way of
Greater Lorain County

We Want YOU ...
To Join in a New Program to Improve Your Health!

Combatting Metabolic Syndrome
Thriving for Health

Mercy Health and THRIVE! Southern Lorain County are sponsoring and piloting a new program, "Combatting Metabolic Syndrome -- Thriving for Health," to help reduce the risks of diabetes, obesity and hypertension for residents of southern Lorain County.

The program is open to 20 individuals who will enjoy free exercise classes and webinars (via Zoom), lab work and coaching for a seven-month period beginning November 14. **Participants must apply for the program by Sunday, November 1.** (See contact information, below).

The goal of the 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. All efforts will hopefully reduce the risk factors associated with Metabolic Syndrome.

The program will be individualized for each participant, based on his/her needs.

FREE EXERCISE CLASSES!

Free exercise classes (via Zoom) will be offered through Lansman's Shape Shop, LLC, to increase activity levels. Monthly phone check-ins with a health coach will be offered and tracked. Monthly educational meetings will provide empowerment to attain the participants' individualized goals, including meets with a Registered Dietitian who will offer healthy recipe options and a Wellington Mercy Health Provider, as well as Metabolic Syndrome webinars, all via Zoom. Use of a walking device/app is encouraged.

The ultimate objective of the program is that the experience will empower the 20 individuals to take their new-found knowledge home to their families, breaking the chain of Metabolic Syndrome for the next generation. Mercy Health and THRIVE! Southern Lorain County have a vision to grow this program in the southern portion of Lorain County in the years ahead to touch additional lives each year.

To apply for the program or for more information, contact:

Sharon Wyckoff RN: Sharon_Wyckoff1@Mercy.com; tel. 440-989-3902

Carol Burke, THRIVE!: cawburke@gmail.com; tel. 440-225-4453