

What is the Greater Spartanburg Shrinkdown?



GREATER SPARTANBURG SHRINK DOWN

**Kick-off Rally,
January 9th, 3-7p.m.,
USC Upstate,
University Readiness Center**

All Free

- blood pressure checks
- BMI
- weigh-ins
- educational materials
- giveaways
- t-shirts

The Shrinkdown is a **FREE** healthy living program offered by Spartanburg's leaders in healthcare, wellness and education. The YMCA of Greater Spartanburg, USC Upstate, Spartanburg Regional Healthcare System and Mary Black Foundation have combined resources in an effort to address the growing obesity epidemic in our area and make Spartanburg healthier.

Participants will be challenged to begin healthy eating and safe exercise. They will be supported by fitness experts (over an eight-week period) as they jumpstart their quest for a healthy lifestyle. Participants will be provided with educational materials and participate in weekly weigh-ins to help them in their healthy living goals.

www.greaterspartanburgshrinkdown.com

“Fit into
Life!”

