



CHANGE STARTS TODAY. AND IT STARTS WITH YOU.



SCAN AND DOWNLOAD
THE FREE APP

JOIN THE 1,000,000 POUND CHALLENGE.

More than one-third of our community is directly impacted by obesity, putting Mid-Southerners at a higher risk of developing life-threatening conditions. Together, we can change this and help create a healthier and more active community. Are you up to the 1,000,000 pound challenge or simply want to live a more active life? Join the Healthier 901 movement today by downloading the free wellness app to track weight loss and access resources, events, partner discounts and more.

healthier901.com

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Methodist
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