



# SHED Program: Sessions Starts Feb.10th

The SHED Program is a three-month exercise regimen designed especially for pre-surgical bariatric patients who are just beginning their wellness journey, as well as postsurgical bariatric patients who have been approved by their physicians to begin exercise.

Improve your quality of life and reduce risk of injury by increasing strength, mobility and stability. Help resolve issues with diabetes, high blood pressure or high cholesterol by becoming physically active and maintaining a healthy weight.

## Program Description

- Small class setting
- Enrollment available before AND after surgery
- Personal individual exercise prescription
- Group nutritional education
- Hour long session twice a week with knowledgeable clinical exercise staff
- Pre and post assessment
- Establish weekly exercise goals

Plano: Mon & Wed at 6:00pm

Dallas: Mon & Wed at 6:30pm

## Program Cost

\$90 per 12-week session, per participant. Locations throughout the Dallas-Fort Worth Metroplex.

We do not file insurance, provide insurance or self-pay. Program is non-refundable and no recurrences.

To learn more about the SHED Program, email at [MedicalFitnessPrograms@BSWHealth.org](mailto:MedicalFitnessPrograms@BSWHealth.org) or call **214.820.7849**.



SHED Program locations throughout the Dallas-Fort Worth metroplex™