



BRIGHT BODIES



HEALTHY LIFESTYLE PROGRAM

Bright Bodies is a healthy lifestyle program for youth and their families. The course, developed by Yale University, includes:

- Nutrition education
- Physical activity
- Behavior modification
- Parent education classes

LOCATION:



SOUTHSIDE
MIDDLE SCHOOL

Southside Middle School
290 W. John Paul Jones Rd.
Effingham, SC 29541

WHEN: Afterschool Program

SCHEDULE:

- Students attend twice a week for 8 weeks
- Parents are welcome virtually at nutrition classes and attend virtual group sessions when students have behavior modification classes

TO PARTICIPATE STUDENTS MUST MEET THE FOLLOWING:

- Be in middle or high school
➤ **AND**
- Have a history of any of the following:
 - Type 2 diabetes
 - Pre-diabetes
 - Insulin resistance
 - Overweight or obesity
 - Family history of the above



Fill out the interest form below to learn more!



bit.ly/brightbodies

THIS PROGRAM IS FREE OF CHARGE TO ALL ELIGIBLE STUDENTS

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ALL PARTICIPATING STUDENTS AND FAMILY MEMBERS WILL RECEIVE FREE HEALTH SCREENINGS!