This program includes:

- A CDC-approved curriculum
- Skills you need to lose weight, be more physically active, and manage stress
- Support from others who share the same goals
- 12 month program
- English or Spanish class options

Classes Starting now!!

For more information Contact:

Norma Sanchez  Esmeralda Carreon
(956)545-0790  (956)621-3654

Join Us!
You can change your life!

BCHC is an FQHC deemed Federally Qualified Health Center (FQHC).
This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

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