



**DELTA  
HEALTH  
ALLIANCE**

HEALTH • EDUCATION • COMMUNITY

# JOIN THE FIGHT

» Against Obesity and Heart Disease

## THE NEW YOU PROGRAM PRESENTS: A Life-Changing Opportunity

### » Free Gym Membership:

Gain access to state-of-the-art fitness facilities at Delta Wellness Center in Leland, Anytime Fitness in Cleveland, and Bear's Gym in Clarksdale. With supportive staff and top-notch equipment, achieving your fitness goals has never been easier.

### » Free Meal Prep & Live Cooking Demos:

Learn the art of healthy cooking and meal preparation with our expert nutritionists. Discover delicious recipes and acquire the skills to create nutritious meals that will fuel your weight loss journey.

### » Focus on Cardiovascular Care:

We prioritize your heart health. Our program emphasizes cardiovascular exercises and routines tailored to enhance your cardiovascular fitness, reduce the risk of heart disease, and improve overall wellness.

SCAN TO SIGN UP & SEE OUR  
LIST OF PARTNERING CLINICS



Contact your clinic to sign-up!  
Don't wait! Take the first step  
towards a healthier future today.

Join NEW YOU's program  
and transform your life.

For more information visit our website at  
[www.deltahealthalliance.org/newyou](http://www.deltahealthalliance.org/newyou) or call us at 662-390-6934.

Let us fight obesity and heart disease together!

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,087,744.00 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.