



Thanks for your interest in the CHANGE Program. The following is a brief description and highlights of the program.

- Each session run 12 weeks. See below for upcoming start dates.
- Meetings are held twice a week – Mondays and Wednesdays from 6:00 pm to 8:00 pm and Tuesday and Thursday mornings from 8:30 am to 10:30 am. Groups are limited to 20 participants.
- Each session will have an educational component and exercise, both cardiovascular and resistance training.
- Participants will receive behavioral intervention, skill building, exercise, nutrition and general health information. Our exercise specialist will perform baseline fitness assessments and design an individualized plan, based on current fitness levels.
- All sessions will be held at the Torrance Memorial Center for Healthy Living in **Malaga Cove**. There is plenty of parking. Your registration information will include a map and address information.
- Participants should call Community Programs at Torrance Memorial Medical Center to register for the CHANGE Program. The number is (310) 517-4711.
- The Program is open to anyone; not just those with cardiac and/or metabolic risk factors. This is not a medically supervised program. However, we encourage participants to discuss their interest with their physician.
- For more information, view the CHANGE Program video at [www.torrancememorial.org/change](http://www.torrancememorial.org/change) or send an email to [CHANGEprogram@tmmc.com](mailto:CHANGEprogram@tmmc.com).

### 2012 PROGRAM SCHEDULE

#### **Group 17**

January 16 – April 4, 2012  
Monday/Wednesday

#### **Group 18**

January 17 – April 5, 2012  
Tuesday/Thursday

#### **Group 19**

April 16 – July 11, 2012  
Monday/Wednesday

#### **Group 20**

April 17 – July 5, 2012  
Tuesday/Thursday

#### **Group 21**

September 17 – December 10, 2012  
Monday/Wednesday

#### **Group 22**

September 18 – December 11, 2012  
Tuesday/Thursday

