



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
(956)545-0790

Esmeralda Carreon
(956)621-3654



**Join Us !
You can change your life !**

BCHC is an FTCA 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.

New Horizon Medical Center
191 E. Price Rd
Brownsville, TX 78521