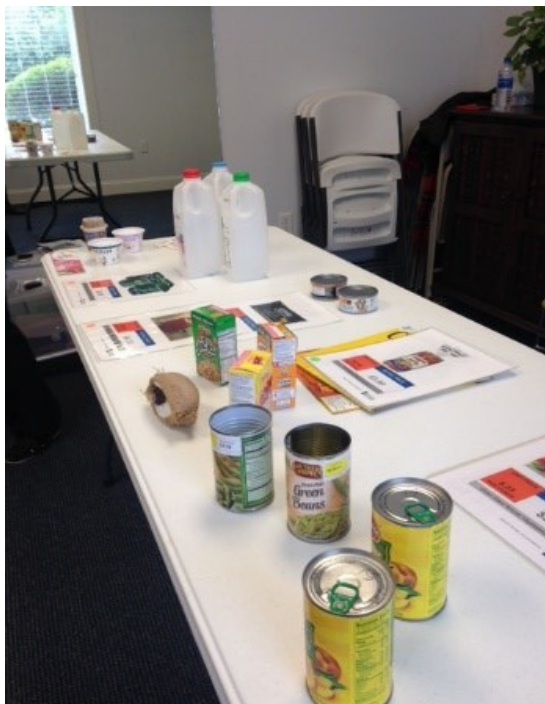


New Program

In December, our nutritionist Wendy Barron brought new programs to the clinic. The first program involved a collaboration with the Low Country Food Bank of Charleston. A group of patients attended a two-hour workshop on better ways to shop for healthy foods. After the program, each participant received all the ingredients needed to prepare the meals that were discussed during the workshop. We are planning to have additional programs in March.

The second program Wendy coordinated was an evening yoga class! Six people signed up for the class and though only two people showed up the four that were not able to attend were eager to participate in the future. Wendy has fliers posted in the Bluffton clinic for an on going 6-week program. At the completion of the 6 classes participants will receive a free yoga mat. Volunteers and patients are encouraged to attend, but space is limited so sign up now!

A \$3,500.00 grant from Women in Philanthropy has made these programs possible!



Congratulations to the BJVM Grants Committee for having been awarded 28 grants in 2018 totaling \$311,566.00!!

