

IMPORTANT  
INFORMATION:  
SCHEDULING  
(843) 876-0444  
MAIN OFFICE  
(843) 792-4717



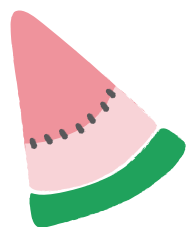
# HEART HEALTH

KEEP IN TOUCH AND STAY ON  
TRACK!!

HEARTHEALTH  
@MUSC.EDU

**2019 Heart Health Summer  
Camp!**  
**Sign up soon, spots are limited!**

June



**DATE:** June 17-21 (ages 8-12)  
June 24-28 (for ages 13+)



**TIME:** 8am-4pm Monday-Friday

**LOCATION:** MUSC Campus  
in Downtown Charleston

**PRICE:** \$90 for the week (includes lunch provided  
daily and a T-shirt)

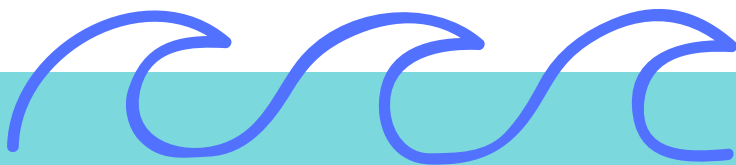
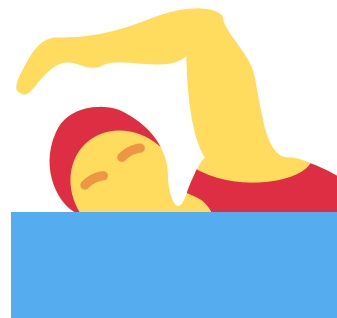
*Activities will include meal planning, gardening,  
exercising, cooking, field trips to the pool and other local  
sites and much more!!*



*Each session is limited to 15 participants*

*\*Participants must attend the entire week-long session\**

TO SIGN UP, call us at (843) 792-4717 (please leave a  
message) or EMAIL [hearthealth@musc.edu](mailto:hearthealth@musc.edu)



# RECIPE OF THE MONTH: ROASTED GARLIC LEMON BROCCOLI

## Directions:

- Preheat the oven to 400 degrees F (200 degrees C).
- In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
- Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.



### Ingredients:

Original recipe yields 6 servings  
2 heads broccoli, separated into florets  
2 teaspoons extra-virgin olive oil  
1 teaspoon sea salt  
½ teaspoon ground black pepper  
1 clove garlic, minced  
½ teaspoon lemon juice

### Nutrition Facts (Per serving):

49 calories; 1.9 g total fat; 0 mg cholesterol; 326 mg sodium.  
7 g carbohydrates; 2.9 g protein



## Group Sessions:

All group sessions begin at 5:00 PM

### June 6th: Mindful Eating

Often we eat without thinking about it. This might lead us to make unhealthy choices. Learn how to eat more mindfully.

### June 13th: Staying on Track During the Summer

Summer time is fun, but it can be tough to stay on track with healthy habits. Come learn some tips!

### June 20th: Food and Your Body

Learn why each of 3 major nutrients, carbohydrates, protein and fat, are important. Discover new ways to balance these nutrients in your meals and snacks to make sure your body gets everything it needs.

### June 27th: Nutrition Game Night

Have tons of fun, learn a lot, and win prizes! Nutrition & wellness games for all ages (parents, too!)

Group Sessions are Thursdays from 5-6pm at  
Miller Motte Technical College (8085) Rivers  
Ave. in North Charleston in Room 401.

## June Fit Kids

## Sessions:

## Regular Hours:

Monday-Friday 5:30-6:30 pm

Saturday 9:30-10:30 am

(All located in Park Circle in North  
Charleston)

Please sign up one week in advance by  
email [hhexercise@musc.edu](mailto:hhexercise@musc.edu)  
or call (843) 792-4717 (Please leave a  
message!)