

**Quincy Medical Center Launches Summer Wellness Program for Girls, Ages 10-17.**  
Eight Week, 24-session Program Focuses on Health, Fitness, and Self-Esteem

**Quincy, MA, June 1, 2006** --- This summer, Quincy Medical Center will offer a new outpatient program designed specifically to meet the unique health and wellness needs of young women, ages 10 to 17.

Quincy Medical Center's new Healthy Lifestyles Program for Girls is an eight-week, 24-session program offering:

Individualized, age appropriate, exercise plans designed to increase strength, flexibility and endurance.

Supervised exercise sessions monitored by ACSM certified exercise physiologists on staff in the Healthy Lifestyles Program at QMC.

Customized wellness education focused on basic nutrition and stress management, as well as self-esteem, self-confidence, and healthy body image.

Restricted class sizes to ensure participants receive individual attention and support.

“Utilizing supervised exercise and wellness education focused on the specific needs and concerns of pre-teen and teenage girls, Quincy Medical Center's new Healthy Lifestyles Program for Girls is designed to help healthy young women improve overall physical, psychological and social well-being and establish healthy habits that will follow them through high school, college and into their adult lives,” said Ann McGroarty, RN, Director of the Healthy Lifestyles Program at Quincy Medical Center.

The program begins Monday, July 10 and will meet at Quincy Medical Center each Monday, Wednesday and Friday from 10 am to 11 am through Labor Day. The eight-week, 24-session program costs \$135 and is not covered by insurance.

For more information or to register, call the Healthy Lifestyles Program at Quincy Medical Center at 617-376-5581.

The Healthy Lifestyles Program for Girls is a subset of Quincy Medical Center's Healthy Lifestyles Program, a 12-week/36-session multidisciplinary risk reduction program for adults who wish to reduce their personal risk factors for heart disease.

*Quincy Medical Center is a 232-bed acute care community-teaching hospital providing South Shore residents with comprehensive medical and surgical services. The medical center's Alliance for Quality with Boston Medical Center (BMC), formed in 1999, brings academic medicine to the community. At Quincy Medical Center, physicians from Boston Medical Center direct the departments of medicine, surgery, anesthesia, emergency medicine, and psychiatry. Additionally, physicians from BMC who are board-certified in a range of medical and surgical specialties work side-by-side community physicians to ensure the continuity of care.*