Join us on the bridge
Saturdays at 9AM:
January 3rd
February 7th
March 7th
March 28th CRBR

Our goal is to prevent and treat childhood obesity through family-centered clinical programs paired with policy and environmental changes in schools and communities.

Join us the first Saturday of each month at 9:00 am at the gravel parking lot on East Bay and Cooper Street in Charleston.

Lean Team Walks 51,538 Miles!

As 2014 winds down, we can look back and see that you, our team and our many, many partners and supporters have accomplished much across the state of SC and beyond. We are ever grateful to be a part of the collective efforts to turn the tide on childhood obesity and restore health to our communities. Yes, we have come a long way since 2007 and the “perfect storm” of grass roots initiatives, although we still have much left to accomplish let us reflect and rejoice. As with any health journey it must begin with the motivation and desire to change. And change we have. From the two MUSC medical residents and Dr. Janice Key and Mary Joan Oexmann who walked the first 5 miles on the bridge to more than 500 of you logging over 50,000 miles!! From 10 schools and a partnership with Charleston County School District and SC DHEC to nearly 200 schools and numerous partnerships across 9 counties in SC and 1 in Pottstown, Pennsylvania! From serving pop tarts in school cafeterias to more than 80% of schools growing their own vegetables and herbs and sourcing other locally grown foods. From sit, sit, sit to every child moving in the classrooms, at recess and after school. Yay! Thank you for the opportunity and thank you for believing that change can and will be good.

Happy Holidays from all of us at Boeing Center for Children’s Wellness! We wish you a healthy and happy New Year! Join us on Saturday, January 3rd as we walk or run our way into 2015. Stay in touch, as we love getting your emails that keep us up to date on your fitness journey.

Blessings,
The Lean Team

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