

I WANT TO START OR JOIN A G.I.F.T. GROUP.

NOW WHAT?



IT'S EASY!

Just give us a call at (813) 307-8071.

Our staff will provide training on how to start and facilitate a group at your convenience.

You and your friends, family and/or co-workers can decide how long to meet & how often, but weekly for 6-8 weeks for about 1-2 hours is recommended.

Accountability is an important part of making changes, so we encourage “buddying up” and staying in regular touch for another 6-8 weeks. You and your group decide. When goals are met, it is important to maintain them, too. Having a partner that knows the plan is a great resource.

Lessons are easy to read and follow.

If you need additional materials, assistance or have questions, our staff is there to help.

Our Registered Dietitian can provide limited one-on-one counseling, if needed.

ALL PROGRAM MATERIALS, TRAINING AND SUPPORT IS AT NO COST TO YOU OR GROUP PARTICIPANTS.

Your Department of Health is dedicated to helping you be healthy.

GET STARTED TODAY!

