

Simple Changes

For a longer, healthier life.

Make a lifestyle change for the better! If you or a loved one is at risk for diabetes, it's time to take charge of your health. Consider participating in this class designed to eliminate possible risk factors through making simple, healthier changes in your life.



Simple Changes is a one-of-a-kind class meant to support positive lifestyle changes in individuals that can prevent or delay the onset of Type 2 Diabetes.

The course includes 16 weekly sessions followed by monthly sessions. An optional support group is offered after the course is complete.

OUR PROGRAM INCLUDES:

Free body composition screenings, weekly handouts, giveaways, and lifestyle coach support between sessions. Each session will cover a different topic, from healthy eating tips to exercise and long-term change.



MedStar St. Mary's
Hospital

MedStarStMarys.org



Lifelong
Skills for
Healthy
Living!

REGISTER NOW!

Wednesday, March 23, 2016*
5:30 to 6:30 p.m.

Health Connections, Suite 250
St. Mary's Outpatient Pavilion

Cost is \$99 per participant

**For more information or to
register, call 301-475-6019**

Pre-registration is required

** This year-long program consists of 16 weekly sessions followed by additional monthly sessions.*