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.



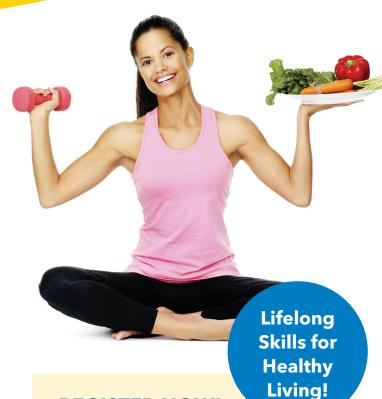
Simple Changes is a oneof-a-kind class meant to support positive lifestyle changes in individuals that can prevent or delay the onset of Type 2 Diabetes.

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.





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.

MedStarStMarys.org