

A future without **DIABETES**—can you see it

Join our monthly program as we take

“The Road to Health”

**OPEN to
PUBLIC**

**SIGN UP
TODAY!**

Active Adult Community Complex
21895 Pegg Road - Lexington Park, Md 20653



1: 30 pm

Learn how to
make healthy
food choices

Meeting once a
month for 11
months

Limited Seating—you must register
Email : mocstmarys@gmail.com

Free Body mass
index (BMI)
Screening

Learn how to
increase
physical
activity

Free Blood
Sugar
(glucose)
Screening

Free Weight-In
& monitoring

How to Prevent or Delay Type 2 Diabetes

Facilitated by the Minority Outreach Coalition

A Community Outreach Project hosted by the Minority Outreach Coalition funding through MHHD

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