

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.

This one-year program is a combination of weekly and 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!

**Weekly Sessions Starting:
Wednesday, September 18,
2019**

Time: 5:30pm – 6:30pm

MedStar St. Mary's Hospital
Outpatient Pavilion

Health Connections Suite

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

Pre-registration is required