

Lifestyle Balance

Diabetes Prevention Program

Tuesdays: February 20–June 5, 2018 at 5-6pm

at the Ocean Pines Community Church, 1227 Racetrack Rd, Berlin, MD

- ✓ ***Eat Healthy.***
- ✓ ***Be Active.***
- ✓ ***Prevent Diabetes Today.***

***PROVEN
Lifestyle Change
Program***

Learn how to eat healthier, move more, & lose 5-7% body weight!



Call the Health Department today for more information or to register!

410.632.0056

WorcesterHealth.org

Program is designed for those who have pre-diabetes or at risk for diabetes. Program taught by CDC Certified Coaches including a dietitian and health educator.