

# 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](http://MedStarStMarys.org)



Lifelong  
Skills for  
Healthy  
Living!

## REGISTER NOW!

**Weekly Sessions Starting:  
Wednesday, March 18, 2020**

**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*