



Take control today for better health tomorrow...

Diabetes Awareness and PreventionSM



Learn how you and your loved ones can lower your risk for diabetes or live well with diabetes. This four-week program will give you the tools to lower your risk, live well and improve your eating habits. The program will also give you ways to increase physical activity, manage stress and live a healthier lifestyle.

**Fridays, July 10, 17, 24 & 31
11 a.m.
Destination Wellness, #556
Galleria at Pittsburgh Mills,
Entry 5
Call to register at 724-274-5202**

There is no fee for Highmark members to participate in this 4-week program. The fee for non-members is \$65.

