

Lifestyle Balance

Girdletree Volunteer Fire Department

2739 Snow Hill Rd, Girdletree, MD 21829

Free

Tuesdays; January 24th - May 15th, 2017

6:00pm - 7:00pm

*Providing the Pieces for a
Healthy Lifestyle!*

**CALL TO REGISTER
TODAY**

Regina Mason at
410-632-0056

or

Jeff McMahon at
410-632-5666



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.

