

Lifestyle Balance **Atlantic Club**

*11827 Ocean Gateway
Ocean City, MD 21842*

*Mondays; January 23rd—May 15, 2017
1:30 pm-2:30 pm*

*Providing the Pieces for a
Healthy Lifestyle!*



*CALL TO REGISTER
TODAY
410-632-0056*

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.

