

Lifestyle Balance

Stockton Volunteer Fire Department

1501 Snow Hill Road, Stockton, MD 21864

Tuesdays,

September 5th - December 19th, 2017

5:00pm - 6:00pm

Free



*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.

