

Lifestyle Balance

Pocomoke Volunteer Fire Department

1410 Market Street, Pocomoke, MD 21851

Free

Wednesdays; June 21st - October 4th, 2017
5:00pm - 6:00pm



**Prevent
Type 2
Diabetes**



**Lose Weight
&
Get Fit**

*Providing the Pieces for a
Healthy Lifestyle!*

**CALL TO REGISTER
TODAY!**

410-632-0056



**Proven
Lifestyle
Change Program**



**Feel Better
& Have More
Energy**

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.

