



# Let Us Help You Make A Lifestyle Change

## Diabetes Prevention

16 Classes Monthly  
Maintenance

- Learn weight management skills
- Get more physically active
- Manage stress
- Get support from a Lifestyle coach
- Share your information and new habits, and bond with others

## Diabetes

**Self-Management**  
6 Classes

- Manage the symptoms of diabetes.
- Increase your quality of life
- Reduce your risk of additional complications
- Achieve and maintain a healthy weight

**Make a commitment to your health TODAY!**

**Management class** begins Jan. 8th, 10:30-11:30 a.m.,  
at the Florida Department of Health in Volusia County,  
**1845 Holsonback Dr., Daytona Beach.**

For more information or to register, please call 386-313-7114.