

Healthy Habits Healthy YOU!

Weight Management and Diabetes Prevention Class

FREE 10-week class

Wednesdays, 5-7 p.m.

Begins June 5, 2019

North Chicago Health Center

2215 14th Street, North Chicago



This class is for YOU if:

- ✓ You are at least 18 years old
- ✓ You do not have diabetes
- ✓ You are overweight **or** have a history of gestational diabetes **or** a family history of diabetes
- ✓ You are willing to attend a free exercise class

Learn to:

- Eat healthy
- Be active
- Feel supported
- Problem solve
- Change your lifestyle
- Lower your risk of disease

Seats limited! Sign up today,
call (847) 377-3562



LakeCounty

Health Department and
Community Health Center