



NEWSSTART

- **EDUCATION:** health screening, wellness consultation, informative/inspirational presentations, healthy cooking, grocery shopping tour, etc.
- **LIFESTYLE:** exercise sessions, daily meals provided, peer support and encouragement.
- **RESULTS:** improve diabetes, improve blood pressure, reduce cholesterol, shed pounds, decrease risk of cancer and more!

Register at the Clinic. Forms available online. Registration will not be accepted by phone.
Ages ≥ 65 taking medications should consult their primary care provider before enrolling.



\$262.50 copay.
1st ten SelectCare members: \$250.00
(regular program price is \$525)



OCT 28-NOV 8, 2018
REGISTER BY WED, OCT 24

SUN: 10am-1pm | MON - THU: 5pm-7pm

Visit us on our website for more info