



MedStar Health

*MedStar Diabetes
Institute*



FREE Lifestyle Balance Weight Management Program

Sponsored by the MedStar Diabetes Institute

- *Do you want to lose weight and become more active in Spring 2016-Summer 2016?*
- *Do you want to prevent diabetes, or control heart disease and high blood pressure?*

How: Join the FREE 16-week weight loss and weight management program by calling 202-877-5403

Where: Covenant Baptist UCC 3845 South Capitol St
Washington, DC 20032

When: Wednesday March 9th 2016 –February 1st 2017

Time: 7:30pm

Note: Interested participants please call today!

All associates, friends, and community members welcome!