



TAKE THE FIRST STEP TO A HEALTHIER LIFE

Life! program healthy living session

LOCATION:

DATE:

TIME:

An informative and interactive session to learn more about:

- Risk factors and symptoms of type 2 diabetes, heart disease and stroke;
- Healthy eating and weight control;
- Physical activity;
- Reducing stress in daily life; and
- An introduction to the *Life!* program – a free healthy lifestyle program.