



It's
All
About ...

The
BALANCE

GROUP LIFESTYLE BALANCE

In this program a lifestyle coach works with you to provide education & assistance to:

**Increase Physical Activity & Lose Weight
May help PREVENT Diabetes**

Taylor County FRN [5 Hospital Plaza Grafton, WV]

FRIDAYS [16 consecutive weeks]

Beginning September 5th, 2014 5pm-6pm

CONTACT: Tisha.K.Farnsworth@wv.gov 304-365-1467

Mary Shuttlesworth 304-322-1220

Participants are monitored & required to attend. Your role as a participant:

- **Commit to a Change in Your Eating**
- **Commit to a Change in Your Physical Activity Habits**
- **Attend Group Sessions Regularly**
- **Work Toward Achieving Group Lifestyle Balance Goals**
- **Monitor Your Daily Food Intake & Physical Activity**

FREE!



Presented By: CHANGE THE FUTURE WV & TAYLOR COUNTY PATCH

