



**GROUP
LIFESTYLE
BALANCE**



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**

**Elizabeth United Methodist Church
Julianna St, Elizabeth, WV**

**MONDAYS [16 consecutive weeks]
Beginning January 12th 2015 4:00PM**

CONTACT: Shawna.J.Nester@wv.gov or 304-485-7374; 103

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: Mid-Ohio Valley Health Department