



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**

Trinity United Methodist Church
2406 10th Ave, Parkersburg, WV
TUESDAY'S [16 consecutive weeks]

Beginning January 20th 2015 9:30AM or 6:30PM

CONTACT: Carla.S.Rasmussen@wv.gov or 740-885-0425 (cell)

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