

## Small scale victories. Large-scale wins.

Our 16-week Weight Management to Prevent Diabetes program will help you learn the small changes in daily habits to help you reach your healthy weight and prevent diabetes.

This program focuses on getting you back on the right track to a healthy lifestyle.

Our registered nurses and community specialists meet with the group to discuss topics like:

- Weight management
- Monitoring your numbers height, weight, BMI, and blood pressure
- · Fitness activities and staying active
- Stress management
- · Healthy choices, motivation, and support
- Nutrition awareness
- · Wellness coaching



Classes start soon - make sure to reserve your spot at a participating Center.



Visit **FloridaBlue.com/Center** to register or scan the QR code.

We look forward to seeing you!

Participants must qualify based on guidelines set by Centers for Disease Control and Prevention (CDC). Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association. We comply with Federal civil rights, laws and do not discriminate. 120196 0125R