DIABETES BOOT CAMP
A 12-Week Jumpstart to Healthier Living Habits

Is Your Diabetes Managing You?

Participants receive:

- Health screenings
- Hands-on exercise sessions
- Cooking Demos
- Recipes & Recipe Modification Tips
- Grocery Store Tours
- Taste Testing
- Food Preparation Instruction

- An Introduction to a variety of exercises
- Individualized Exercise Plans
- Practical information & Support
- Pedometers
- Calorie King Book
- T-shirts

Join Boot Camp so YOU Can Learn to Manage Your Diabetes!

If you are an adult with Type 2 Diabetes you are eligible for this program.
Contact: 740 566-4880 or 740 566-4872