

Preventing Type 2 Diabetes is in YOUR Hands



TAKE CONTROL OF YOUR HEALTH AND LIVE HAPPIER!

Register NOW, for one of our free classes!

**There are several locations and schedules available
Learn to live healthier and lose weight as well!**

To register for classes or for information, please call or email us at:
redwards@hispanicfederation.org or 407-270-0558 ext. 107

