

**The Inch by Inch program
provides information & guidance
to support weight management
and good health.**



**Be part of an upbeat program designed to help you
reach your nutrition and weight goals!**

Receive education, tools, resources, and guidance for:

- meal planning
- nutrition
- grocery shopping
- eating out
- recipes
- physical activity

When: Saturdays; September 6, 13, & 20. Attend all 3 classes.

Time: 10:00am - Noon

Where: Central Ohio Diabetes Association; 1100 Dennison Ave; Columbus, 43201
Free parking behind our building and in school lot directly behind our building
COTA bus: 96 Crosstown

Cost: The Inch program is **FREE**

Program Instructors: Registered Dietitian and Fitness Consultant

To Register: Call Central Ohio Diabetes Association (614) 884-4400

Participants must register. Must be 18 years or older to attend

All are invited to bring a support person

Childcare not provided



Funding Provided By:



Note: The Inch weight management program is NOT a substitute for comprehensive diabetes self-management education. Call Central Ohio Diabetes Association, (614) 884-4400 to learn about, or register for, our American Diabetes Association-Recognized Diabetes Self-Management Education and Support classes.