



The Inch by Inch program provides information & guidance to support your health and weight management goals.



Be part of this upbeat program designed for you!

Receive education, resources, and guidance for:

Meal planning Nutrition Budget-minded Grocery shopping
Eating out Recipes Physical Activity Managing Stress

When: Tuesday, September 15 & Thursday, September 17.

To benefit from the program, participants need to attend both classes.

Time: 10:00am - Noon

Where: **Martin Janis 50 + Center; 600 E. 11th Ave; Columbus, OH 43211**

Cost: The Inch program is **FREE**

Program Instructors: a Registered Dietitian and a Fitness Consultant

To Register: Call Central Ohio Diabetes Association at (614) **884-4400** or Martin Janis Center at (614) **645-5954**.

Participants must register and be at least 18 to attend.

All are invited to bring a support person.

Childcare not provided.



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.

Funding Provided By:

