



# Smart Moves

MY LIFE, MY HEALTH

Join our virtual on-line diabetes prevention, yearlong class. Each participant is paired with a personal health coach and online peer group for help and support.

If you are overweight, get little to no exercise, or are pre-diabetic, please join us! Virtual weekly small group classes led by a lifestyle coach will work with you to learn:

- Healthy Eating
- Physical Activity
- Lifelong Skills

**CLASSES START MARCH 2022!**

To enroll or for more information, please call:  
South Heartland District Health Department  
402-462-6211 or 877-238-7595



Learn More:

