



Healthy Balance

Program Overview

Find your
**HEALTHY
BALANCE**
A WEIGHT MANAGEMENT PROGRAM



No charge
for
members!

- 1 year weight management and diabetes prevention program
 - 16 weekly group-based, in-person workshops
 - Followed by monthly coaching calls
- Goal: lose and maintain $\geq 5\%$ body weight
- Delivered in both English and Spanish
- Available to members and non-members

Recognized by CDC as a Diabetes Prevention Provider (DPP)