

FREE! WEIGHT LOSS GUIDANCE & SUPPORT GROUP

Participants will:

- Take part in a lifestyle change program to help prevent diabetes.
- Commit to a one year-long change process.
- Learn about healthy eating to safely lose weight.
- Slowly and safely increase physical activity.
- Learn how to problem solve and stay motivated.

Health Coach	Telephone	Start Month	City	Language
Verenice Casarez	956-431-9714	April Abril	Brownsville	Spanish
Zulema Medrano	956-538-1306	April Abril	Brownsville	Spanish
Christine Martinez	956-312-1406	May Mayo	Los Fresnos	English
Verenice Casarez	956-431-9714	May Mayo	Brownsville	Spanish
Becky Villasana	956-241-1812	June Junio	Combes Rio Hondo	English
Brenda Araneda	956-241-1812	August Agosto	Harlingen	English

TO REGISTER FOR ONE OF THESE CLASSES PLEASE CALL THE HEALTH COACH OR CALL:



956-755-0660
www.tusaludsicuenta.com