



Take the first step TO IMPROVE YOUR HEALTH.

Our **FREE** workshops can help you get started and provide the support you need to keep going.

WE'RE READY TO HELP IF YOU NEED SUPPORT IN ANY OF THESE AREAS:

DIABETES PREVENTION

DIABETES MANAGEMENT

HIGH BLOOD PRESSURE MANAGEMENT

QUIT SMOKING

CHRONIC DISEASE MANAGEMENT

CHRONIC PAIN MANAGEMENT



To take the first step, visit:
MYHEALTHYVT.ORG