

New Healthy Lifestyle Education Program

EATING SMART  BEING ACTIVE

Are YOU looking to learn how to live your healthiest life?

Join our FREE program and you will receive:

- One-on-one coaching support
- Weekly educational handouts and materials
- Healthy eating, active living, and stress-reducing tips
- Weekly prizes and incentives
- Group support from others also making changes
- Fun filled monthly activities
- Cooking demonstrations

And so much more!

October 13, 2020 - January 5, 2021

Every Tuesday from 1:30pm - 2:30pm

at the



11827 Ocean Gateway
Ocean City, MD 21842

For more information or to register today

Call 410-632-1100 Ext. 1108



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Behavioral Health Administration

