

A Healthier You

Lose Weight • Be More Active • Reduce Stress • Reduce Health Risks

The Franciscan Healthy Living Center is offering a proven lifestyle change program to improve health and delay or prevent Type 2 Diabetes. A trained lifestyle coach guides and encourages a small group during this program.

Program Details

- Program follows CDC curriculum with proven results to help individuals lose weight and lead a healthy lifestyle.
- Sessions begin during the year with different times and locations.
- Covered by some insurance plans (including Medicare)
- Covered benefit for Franciscan employees by Employee Health and Wellness

Eligibility

You may be eligible for this program if you are:

- Overweight;
- Have a family history of diabetes;
- Have a history of gestational diabetes; and or
- Have been diagnosed with pre-diabetes.

For more information, please contact the Healthy Living Center at (844) 441-6609 or email healthyliving@franciscanalliance.org.



Franciscan
HEALTHY LIVING CENTER

FranciscanHealth.org