



A1 "C-YA LATER!"

A FREE diabetes empowerment program for Advanced Health members who are ready to take action and lower their A1C score!

13 week course includes: virtual diabetes education and group coaching, physical training, and individual wellness coaching

All materials provided, including a celebration dinner and GIFT at the completion of the program!

SEPTEMBER 2024

**➔ *For more information and to sign up:
Contact Advanced Health Customer Service at
(541) 269-7400***