

The Long Beach Diabetes Collaborative and the Fairfield Family YMCA present:

Get Moving!

A 6-month exercise program to a healthy lifestyle.



Join our program for adults with diabetes and adults who want to manage their weight.

Program Includes the Following Services at **No Cost**:

- Individual Consultation with a Personal Trainer
- Weekly Group Exercise Classes
- Weekly Group Workouts
- Support Group Meetings
- Complimentary Prizes and Gifts
- Child Care Available

Reservations necessary. Space is limited.

**Orientation will be held:
Saturday, February 2, 2008
10:00 a.m. - 11:30 a.m.**



Fairfield Family YMCA
4949 Atlantic Ave., Long Beach, 90805
For reservations call, (562) 570-7941



Department of Health and Human Services



Group Sessions Taught in Spanish

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