

## Dia BETES





## JOIN TODAY & LEARN THE MOST EFFECTIVE WAY TO SET YOURSELF FREE FROM DIABETES.

You will benefit most by joining ShapeUp program in conjunction with the DiaBeatIt program.



100% covered\*
\*for silver and bronze members no deductible applies

Register by Apr 24, 2024
May 9 to June 6, 2024

Program meets every Thursday at 5pm for 5 weeks