

## 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 Sep 3, 2025

September 18 to October 16, 2025

Program meets every Thursday (except Thanksgiving) at 5pm for 5 weeks