



16-WEEK PATHWAY TO WELLNESS PROGRAM

Small Steps. Wonderful Changes.

The journey to wellness can seem overwhelming, but with the right support and resources, it is achievable. Monument Health's 16-week Pathway to Wellness Program is taught by lifestyle coaches who are ready to work with you every step of the way toward your wellness goals, disease prevention and a healthier lifestyle.

Reasons to Enroll:

- You desire weight loss
(A BMI of 25 or more is required to participate; check your BMI at www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

You have:

- Insulin resistance
- Prediabetes/glucose intolerance
- Metabolic syndrome
- Fatty liver
- Waist measurement:
 - Over 35 inches for women
 - Over 40 inches for men
- Problems with cholesterol, LDL, HDL, triglycerides
- High blood pressure

Program Details:

Cost: \$79.00

Lead-Deadwood

Thurs., Oct. 5, 2023 | 12 - 1 p.m.

71 Charles St.

605-717-8021

Program is open to the community and Monument Health Caregivers. Caregivers will earn 100 Well-Being points for completion of the program.

Call to register or for questions.

Pre-registration is required.

