

**The Inch by Inch program
provides information & guidance
to support weight management
and good health.**



**Be part of an upbeat program designed to help you
reach your nutrition and weight goals!**

Receive education, resources, and guidance for:

- meal planning
- nutrition
- grocery shopping
- eating out
- recipes
- physical activity
- managing stress

When: Saturdays, March 4, 11, 18 **Please plan to attend all 3 classes**

Time: 10 a.m. – 12 p.m. **Registration opens February 2**

Where: Central Ohio Diabetes Association; 1100 Dennison Ave; Columbus 43201.
Free parking behind our building and in school lot directly behind our building.
COTA bus: 96 Crosstown

Cost: The Inch program is **FREE**

Program Instructors: Registered Dietitian and Fitness Consultant

To Register: Call Central Ohio Diabetes Association **(614) 884-4400**. Registration opens 30 days before the first class. Participants must register and must be 18 or older to attend. All are invited to bring a support person.
Childcare not provided.

Funding Provided By:



Note: The Inch weight management program is NOT a substitute for comprehensive diabetes self-management education. Call Central Ohio Diabetes Association, (614) 884-4400 to learn about, or register for, our ADA recognized Diabetes Self-Management Education and Support classes.