

The Inch by Inch program provides education and guidance to support health, weight management, and lifestyle change.



This upbeat series is designed to help you reach your nutrition and weight goals!

Program topics include:

- **Planning Meals**
- **Nutrition**
- **Weight Management**
- **Managing Stress**
- **Eating out**
- **Grocery Shopping**
- **Physical Activity**
- **Recipes**

When: Saturdays, May 6, 13, & 20 - Please plan to attend all 3 classes.

Time: 10 am – 12 pm **Registration is now open**

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**. Participants must register. All are invited to bring a support person. Must be at least 18 to attend. Childcare not provided.



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 American Diabetes Association-Recognized Diabetes Self-Management Education and Support classes.

Funding Provided By:

