

# TRIAD CLASS

Offered to OCHC Patients/Families using Physical Activity/Nutrition/Wellness coaching to prevent/Control Type 2 Diabetes



**Class Topic: Fearless Fitness**

**Date: July 15<sup>th</sup>**

**Time: 11:00 am**

**Location: OFF Education Room**

**Presented: Betty Schwantes RDN CDCES**

**Don't forget to sign up with Ryan Engel**

**Fun Give-away at class**