



An invitation to join **STRIDE**

Are you...

- Interested in receiving support to eat healthier, move more, and better manage stress?
- Concerned about being overweight?
- Taking medications that cause weight gain or make it difficult to maintain a healthy weight?

*If so,
STRIDE
may be for
you!*

STRIDE is a group program...

...with personalized support to help people **lose weight**, improve their **physical fitness**, and learn about **healthy lifestyle** choices.

Who can join?

Group participants must be at least 18 years old and overweight.

Please ask for information at reception desk.