



WIN A  
**fitbit**  
VERSA 2 SMARTWATCH!  
THE MORE SESSIONS YOU  
ATTEND, THE BETTER THE  
CHANCE YOU HAVE TO WIN!

Virtual interactive series for adults  
to help you make **healthier choices**,  
**reduce diabetes risk**, **quit smoking** and  
**manage stress/Social support**.

Summer 2021  
**Keys to a Healthier You**  
Chronic Disease Prevention Series

**SPACE IS LIMITED. REGISTER TODAY USING LINKS BELOW**

<b>Make Healthier Choices</b>	June 29 (6-7pm)	<a href="https://bit.ly/3wr2xa2">https://bit.ly/3wr2xa2</a>
<b>Reduce Your Risk for Diabetes</b>	July 6 (6-7pm)	<a href="https://bit.ly/3vkQ7jL">https://bit.ly/3vkQ7jL</a>
<b>Quit Smoking. We can help!</b>	July 13 (6-7pm)	<a href="https://bit.ly/3oQhiR3">https://bit.ly/3oQhiR3</a>
<b>Manage Stress/Social Support</b>	July 20 (6-7pm)	<a href="https://bit.ly/3fHmYsJ">https://bit.ly/3fHmYsJ</a>