



Smart Moves

MY LIFE, MY HEALTH

**JOIN OUR NATIONAL 16 WEEK PROGRAM
WITH ONGOING SUPPORT FOR 1 YEAR!**

If you are overweight or have diabetes in your family, please join us! Weekly small group classes led by a lifestyle coach will work with you to learn:

Healthy Eating

Physical Activity

Lifelong Skills

CLASSES START SOON!

**To enroll or for more information, please call:
South Heartland District Health Department
402-462-6211 or 877-238-7595**



SOUTH
HEARTLAND
DISTRICT



**HEALTH
DEPARTMENT**



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