



# 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**



Supported by Cooperative Agreement # DP0055493-01 Funded by the Centers for Disease Control and Prevention through the Nebraska Department of Health and Human Services to South Heartland District Health Department

Created 1/4/17