



# LIVING HEALTHY

Have you struggled with making healthy food choices due to lack of time or money? Do you work out every day and can't seem to lose weight?

We might be able to help you!

This program combines healthy eating with physical activity to help you achieve the healthy lifestyle you want.

This series includes **COOKING DEMONSTRATIONS** by a Registered Dietitian and **EXERCISE SESSIONS** led by a Certified Wellness Professional at each session.

This 5 session series is offered at \$20 per session.  
By: the Diabetes Research Institute Education Department  
On: the 4<sup>th</sup> Tuesday of every month, from 11am-1pm  
*(food provided through cooking demonstration)*

PLEASE RSVP TO: 305-243-3455 or [jac646@miami.edu](mailto:jac646@miami.edu)



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