

Are you an adult looking to gain a healthy life style?



Do you struggle with sticking to your health goals?

Do you need help with accountability?

Did you answer YES to any or all of these questions?

St. Anthony Chronic Care Center invites you to learn more about the yearlong Diabetes Prevention Program

at...

“Session Zero”

Take Back Your Life

Thursday, January 27, 2022

Available at 7:30 am, noon, or 4 pm

**St. Anthony Regional Hospital
Surgery Center Building, 4th Floor
(St. Francis Conference Room)
311. S. Clark Street, Carroll, IA**

**Register by calling 712-794-5901 or
email cvogl@stanthonyhospital.org
(cost may apply)**

ST. ANTHONY
Regional Hospital