



MAY 26, 2021
3 PM – 4 PM
PMSI DIABETES
PREVENTION
VIRTUAL PROGRAM

Get healthy, stay healthy and avoid diabetes!

Join our program proven to prevent or delay Type 2 diabetes (the most common form) in many people. A trained lifestyle coach works with you, showing how you can take charge of your health with tasty meals, reduced stress, and regular exercise.



**Join us Wednesday,
May 26, 2021 from
3 pm – 4 pm**

**Virtually in the
comfort of your
home**

Call or e-mail

**Debbie Zlomek
at 484-318-0566
dzlomek@pmsiforlife.com**

**or Amanda Kulp
at 484-318-6562
akulp@pmsiforlife.com**

**You can feel better,
stronger, more
energized and improve
your health**

**SPONSORED BY
POTTSTOWN MEDICAL
SPECIALISTS INC.**

PMSIFORLIFE.COM