



**Join us Wednesday,
September 21, 2022
from 7 pm – 8 pm**

**Virtually in the
comfort of your
home**

Call or e-mail

**Christopher Yocom
at 484-252-3310
cyocom@pmsiforlife.com**

**or Faith Schlegel
at 484-252-1589
fschlegel@pmsiforlife.com**

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

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

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

**SEPTEMBER 21, 2022
7 PM – 8 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.



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