Group Lifestyle Balance (GLB)

**Why:** To lower risk for diabetes and heart disease

**What:** The Group Lifestyle Balance™ is a program for adults at risk for Type 2 Diabetes and/or heart disease. The GLB focuses on 3 components: nutrition, activity and behavioral changes.

**Who:** You may be eligible if you are overweight, do not have diabetes and have:

- Elevated blood sugar levels
- High blood pressure
- Abnormal cholesterol levels

**How:** Participants will take part in lifestyle change program and

- Learn about healthy eating to safely lose weight
- Slowly and safely increase physical activity
- Learn how to problem solve and stay motivated

**When:** Mondays at 6pm—orientation class is April 4th (see details below)

**Where:** CVIM

**For more information contact:**
Kate Miller, Nutrition Educator at CVIM
kmiller@cvim.org
610-836-5990 ext 105

**Schedule:**
Total of 22 group sessions taught by Dr. Victor Alos. Sessions are planned as follows—

**Orientation date:** Monday April 4th

- Every week for first 12 sessions
- Every other week for next 4-5 sessions
- Once per month for final sessions