

The **LIVING AND FEELING FABULOUS PROGRAM** OF
PROVIDENCE'S FORT LINCOLN FAMILY MEDICINE CENTER
INVITES YOU TO ATTEND:



FREE

EAT HEALTHY BE ACTIVE

**Nutrition Counseling
with a Registered Dietitian**

**Available and
Free for
Residents of:**

BLADENSBURG (20710)
COLMAR MANOR (20722)
COTTAGE CITY (20722)
CAPITOL HEIGHTS (20743)
EDMONSTON (20781)
FORT WASHINGTON (20744)
OXON HILL (20745)
SUITLAND (20746)
TEMPLE HILLS (20747 & 20748)
HYATTSVILLE (20781, 20782,

When & Where:

FORT LINCOLN FAMILY
MEDICAL CENTER
4154 BLADENSBURG RD
COLMAR MANOR, MD 20722

IN JULY EVERY
MONDAY, THURSDAY, & FRIDAY
9:00 AM — 5:00 PM
WALK-IN CONSULTATIONS
OR CALL TO SCHEDULE
AN APPOINTMENT

Learn:

YOU'LL LEARN
IMPORTANT STRATEGIES
TO HEALTHY EATING.

GET YOUR
QUESTIONS ANSWERED
ABOUT WHAT EATING
PLAN IS BEST FOR YOU.

**To Register
& for More
Information:**

CALL: PROVIDENCE HOSPITAL (202)-534-4260

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THE LIVING AND FEELING FABULOUS
PROGRAM IS SPONSORED BY:



Fort Lincoln Family Medicine Center
4151 Bladensburg Road
Colmar Manor, MD 20722