

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

# EAT HEALTHY BE ACTIVE

## Free Workshop Series

### Fun & Engaging Program!

THESE CLASSES WILL HELP YOU EAT BETTER AND MOVE MORE TO MAINTAIN A HEALTHY LIFESTYLE.

### Topics Include:

- Quick, Healthy Meals and Snacks
  - Eating Healthy on a Budget
  - Tips for Losing Weight and Keeping it Off
  - Making Healthy Eating a Part of Your Total Lifestyle
- You also receive **FREE** one-on-one nutrition consultations with a registered dietitian

### Where:

PRINCE GEORGE'S  
SPORTS &  
LEARNING COMPLEX  
8001 Sheriff Rd  
Landover, MD  
20785



### When:

3-SESSION  
WORKSHOPS

Mondays, July 28th,  
August 4th, and 11th  
10am–12pm

or

Mondays, September  
8th, 15th, and 22nd  
10 am–12pm

## 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  
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