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|  | **Are you struggling to lose weight or control your blood sugar?** | | | | |
|  | **We can help! Sign for one of the following to improve your lifestyle, medications and overall health!** | | | | **Education on lifestyle medicine includes**   * **Healthy eating habits** * **Movement and exercise** * **Managing stress** * **Improving sleep** * **Avoiding risky substances** * **Making meaningful social connections** |
|  | **Diabetes Skill Building Seminar**  *Join this 3-hour course on diabetes including lifestyle education, blood sugar monitoring and medications* | | | |
|  | 2025 Available Locations and Dates  One Health OB/Gyn Reese - *Jan 29, April 30, July 23, Oct 29*  One Health Family Medicine Rea Village - *March 13, June 12, Sept 11* | | | |
|  | **Shared Medical Appointments**  Join a group of peers for an intensive 12-week weight loss journey. Meetings occur every 2 weeks and include lifestyle education, goal setting, and medication management. | | | |
| 2025 Available Locations and Dates  *One Health OB/GYN Reese BLVD –* Aug 28th Through Nov 6th | | | Individual appointments are also available at multiple locations to discuss lifestyle, medications and more. | |
| All classes are led by physicians certified in lifestyle  and obesity medicine or clinical pharmacists trained in  diabetes and obesity medication management.  *To schedule, call 1-833-947-8892 or reserve your spot at your doctor’s office today* | | | One Health OB/GYN Reese - 13620 Reese Blvd E Suite 100 Huntersville, NC  One Health Family Medicine Rea Village - 111530 Providence Rd Charlotte, NC 1530 Providence Rd Charlotte, NC  One Health Family Medicine Birkdale – 16645 Birkdale Commons Parkway Suite 100, Huntersville, NC | | |