

Change your Life – Improve your Health

H.E.A.L.

HEALTHY EATING ACTIVE LIVING

**A *FREE* community nutrition and fitness program
for residents 16 and older through
Fort Washington Medical Center
in partnership with the *YMCA Potomac Overlook*
and *Behavioral Health Navigators*.**



H.E.A.L. will...

- ▶ Change the way you eat
- ▶ Manage chronic health issues
- ▶ Jumpstart your fitness with exercise

**Space is limited, call today to register:
Fort Washington Medical Center
301-203-2452**



H.E.A.L. is a community health initiative of Fort Washington Medical Center in partnership with the YMCA Potomac Overlook and Behavioral Health Navigators. The grant is funded by the Centers for Disease Control and Prevention and awarded by the Prince George's County Department of Health. The program is open to residents of Fort Washington, Oxon Hill, and Temple Hills communities. For more information visit www.fortwashingtonmc.org, www.behavioralhealthnavigators.org, or www.ymcadc.org.