

Choose a healthier you.

INTRODUCING

Orlando Health

CHOOSE ONE



A Healthier You Is Within Reach.

Created to help you establish and maintain a healthy lifestyle, **Orlando Health Choose One** is an entirely new, interactive health improvement program designed by a team of experts at Orlando Health to prevent or delay type 2 diabetes.

The program will provide you with the support and knowledge you need to lower your risk of type 2 diabetes, make a positive impact on your overall health and help you build healthy new habits that last a lifetime.

Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

Foundations 16 WEEKS INCLUDES:

- Two (2) health screening sessions [before and after]
- Weekly virtual education sessions [10 weeks]

Improving your health doesn't have to be difficult.

Orlando Health Choose One will show you how with the support of a positive, team-focused approach.

Register March 7 - 18, 2022

(407) 407-3050 or by visiting OrlandoHealth.com/ChooseOne



**ORLANDO
HEALTH®**

Choose One