



**Join us Monday,
Sept. 28, 2020 from
1 p.m. – 2 p.m.**

**Virtually in the
comfort of your
home**

Call or e-mail

**Debbie Zlomek
at 484-318-0566
dzlomek@pmsiforlife.com**

**or Amanda Kulp
at 484-318-6562
akulp@pmsiforlife.com**

**You can feel better,
stronger, more
energized, all at no
cost!**

**SEPTEMBER 28, 2020
1 PM – 2 PM
PMSI DIABETES
PREVENTION FREE
VIRTUAL PROGRAM**

Get healthy, stay healthy and avoid diabetes!

Join our **FREE** program proven to prevent or delay Type 2 diabetes (the most common form) in many people. A trained lifestyle coach works with you, showing how you can take charge of your health with tasty meals, reduced stress, and regular exercise.



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