

The Association of Americans and Canadians in Israel (AACI)
and The Linda Joy Pollin Cardiovascular Wellness Center for Women presents
an exclusive healthy lifestyle program for women:



A free 14-session workshop based on cutting edge science*

Register today and learn how to:

Reduce your risk of cardiovascular disease and diabetes

Make healthier food choices

Build a health-promoting environment

Conquer emotional eating

Become more physically active

Enhance your stress coping skills

Receive a free Omron pedometer

This group workshop targets women with:

Prediabetes Fasting sugar level over 100mg Blood pressure over 130/85hg
High cholesterol BMI over 30 Gestational diabetes HbA1c 5.7% to 6.4%

The 14-session workshop will meet weekly at AACI

Monday afternoons, 3:30pm-5pm

Registration deadline: **October 25th**

Start date: Monday November 1

For details and registration, please contact:

HayaE@hadassah.org.il

054-772-1867

*Designed by Hadassah University Medical Center's medical staff, this workshop is a unique adaptation of the CDC's Diabetes Prevention Program

This workshop is part of a research study. Data will be collected to study the impact of this innovative intervention on women's cardiovascular health.