

TAKE CONTROL
OF YOUR HEALTH!



Shape Up

HEALTHY LIFE PROGRAM

Many factors influence whether or not we end up with diabetes, heart disease, and other life-shortening conditions. You can control some factors, like:

- Weight
- Inactivity
- Poor/high sugar diet
- High stress
- Smoking
- Cholesterol imbalances

Our Shape Up Program can help you lose weight and shape your health future. Come learn about:

- Healthy lifestyle choices
- Exercising at home
- Tracking weight
- Fitness
- Nutrition

A program to help you live the healthiest life possible

- For Men and Women
- Age 18+
- Translation services available
- **One-on-one counseling** is available now. Call our appointment line: 612.3324973.
- **Weekly classes on Wednesdays**

Call Kathryn Hang for more information 612.238.3520



Where Are We?

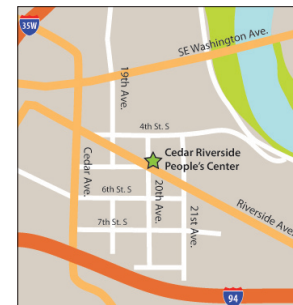
Location

We are conveniently located at 425 20th Avenue South, on the corner of 20th and Riverside in the Cedar Riverside neighborhood of Minneapolis.



Parking/Transportation

- Easily accessible from metro bus routes 2 and 7
- Parking at 21st Avenue Ramp for \$3, must pay at clinic front desk for validated rate
- Metered street parking available



A sliding fee scale is available to income-eligible patients. Same-day appointments taken. Most insurance accepted.

Call 612.332.4973 for an appointment.

