



# Taking steps to a healthy life

If you are overweight or have a family history of diabetes or high blood pressure, then [The SWEET\\* Life Program](#) may be for you. This FREE 15-week program provides practical ways to help you improve your health.

[The SWEET Life Program](#) offers:

- A FREE health assessment
- Meetings, which are led by Summa counselors who specialize in nutrition and behavioral wellness. Behavioral change sessions are led by the Minority Behavioral Health Group.
- Cooking demonstrations
- Classes in nutrition
- Exercise instruction
- Tips on maintaining a healthy lifestyle

If you are...

- 18 years of age and older
- Not pregnant
- Not diabetic
- Willing to make small lifestyle changes  
... you are eligible to participate.

To register, email [vitalei@summahealth.org](mailto:vitalei@summahealth.org), or visit [summahealth.org/healthprograms](http://summahealth.org/healthprograms)

\*Steps to Wellness through Education,  
Empowerment and Transformation.



# The SWEET Life Program

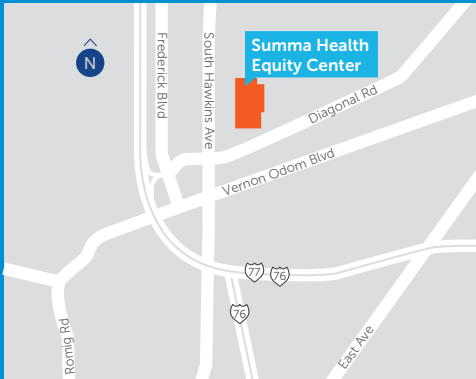
**Cost: FREE**

**Dates:** Classes start January 26th, 2021

**Location:** WebEx

**Time:** Tuesdays, from 6:00 p.m. – 7:30 p.m.

To register, email [vitalei@summahealth.org](mailto:vitalei@summahealth.org)  
or visit [summahealth.org/healthprograms](http://summahealth.org/healthprograms)



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