

Thrive for Life Master Your Metabolic Health

A 12-Week Program to Help You Thrive

Take charge of your health with practical tools, expert guidance, and a supportive community. **Thrive for Life** helps you build healthy habits to prevent diabetes and heart disease and improve your metabolic health.

You Will Receive:

- **Weekly education workshops**
Learn practical strategies for nutrition, physical activity, sleep, stress, and mindset.
- **One-on-one health coaching**
Get personalized support to set goals and make lasting changes.
- **Community & connection**
Build motivation and accountability alongside others on the same journey.
- **Heart-healthy & diabetes prevention tools**
Learn how to improve blood sugar, cholesterol, and weight.
- **Practical, lasting strategies**
Turn what you learn into healthy habits that fit your everyday life.



Learn. Connect. Take Action. Thrive.

12 weeks of support to help you build a healthier future.

Register Here:

www.research.net/r/ThriveforLifeSONM

Program begins Tuesday, October 13



The
Solutions
Group



HEALTH CARE
AUTHORITY