

**NEW**  
PROGRAM

Reserve your spot now!  
Space is limited!

IN CONJUNCTION WITH  
LIVING WELL WITH DIABETES

# *Living Well* **WITH DIABETES** Through Fitness

*Reservations begin*  
Monday 3-29-10

- Specialized medically-based program
- Four week sessions

**TUESDAY AND THURSDAYS**  
2:00pm-2:45pm

Members:  
Free

Non members:  
\$39



**EVOLUTIONS**

Fitness & Wellness Center

A Division of Tulare Regional Medical Center

Schedule your assessment today!  
Contact Michele at 559-685-3804