



Weight and chronic conditions

Three-part series

Taking steps to manage your weight can help protect and improve your health. Join us for a 3-week program discussing how excess weight, especially obesity, increases the risk of chronic conditions like type 2 diabetes, cardiovascular disease, nonalcoholic fatty liver disease, some cancers, osteoarthritis, and depression. Participants will learn risk factors and healthy habits to encourage weight loss, along with treatment and medication options.

Florida Blue 
Your local Blue Cross Blue Shield

Presented by Florida Blue and

Dates:

Time:

Place:



Contact:

To register for session 1, click on the link below:

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