



Disability-Inclusive Weight Loss

Program Participants Needed

16 weeks & no cost

You will get:

- ✓ Weekly coaching
- ✓ Body composition assessment
- ✓ Lab work to assess diabetes and heart disease risk

Eligible if:

- ✓ Aged 18-75 years
- ✓ Overweight/Obese BMI
- ✓ Physical Disability or Mobility Limitation
- ✓ Live in Birmingham, AL or surrounding areas



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