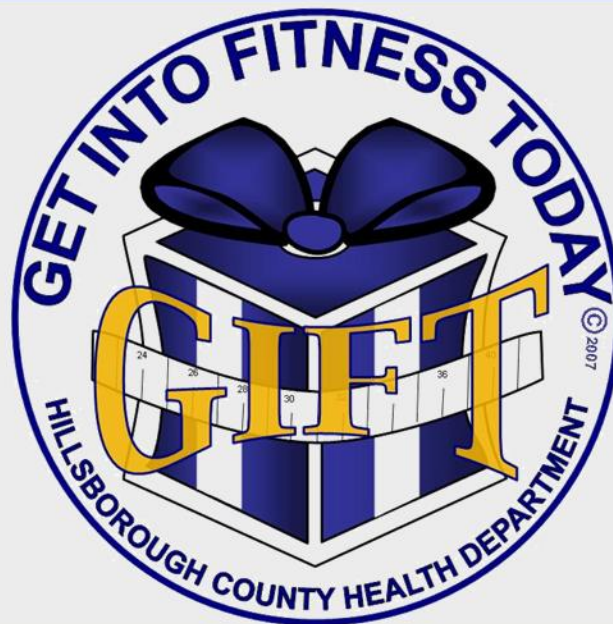


# LOOKING FOR HEALTH EDUCATION THAT WORKS ? YOU'VE FOUND IT!

**GIFT<sup>©</sup> 2007** is a health education program that focuses on adopting healthier lifestyles to prevent and reduce chronic diseases and obesity through improving nutrition and increasing physical activity.

Program materials are available on CD to organizations and businesses at no charge. All you need to know to start and facilitate your own GIFT is included. The program is a great way to provide employee wellness activities at low-to-no cost. Support group sessions can be facilitated by a group member with no prior experience.



Since 2006, GIFT<sup>©</sup> has helped hundreds of people lose weight by adopting healthier lifestyles.

*Call (813) 307-8071 for information about obtaining program CDs.*

For large groups with multiple facilitators, group facilitator training is offered at no charge.