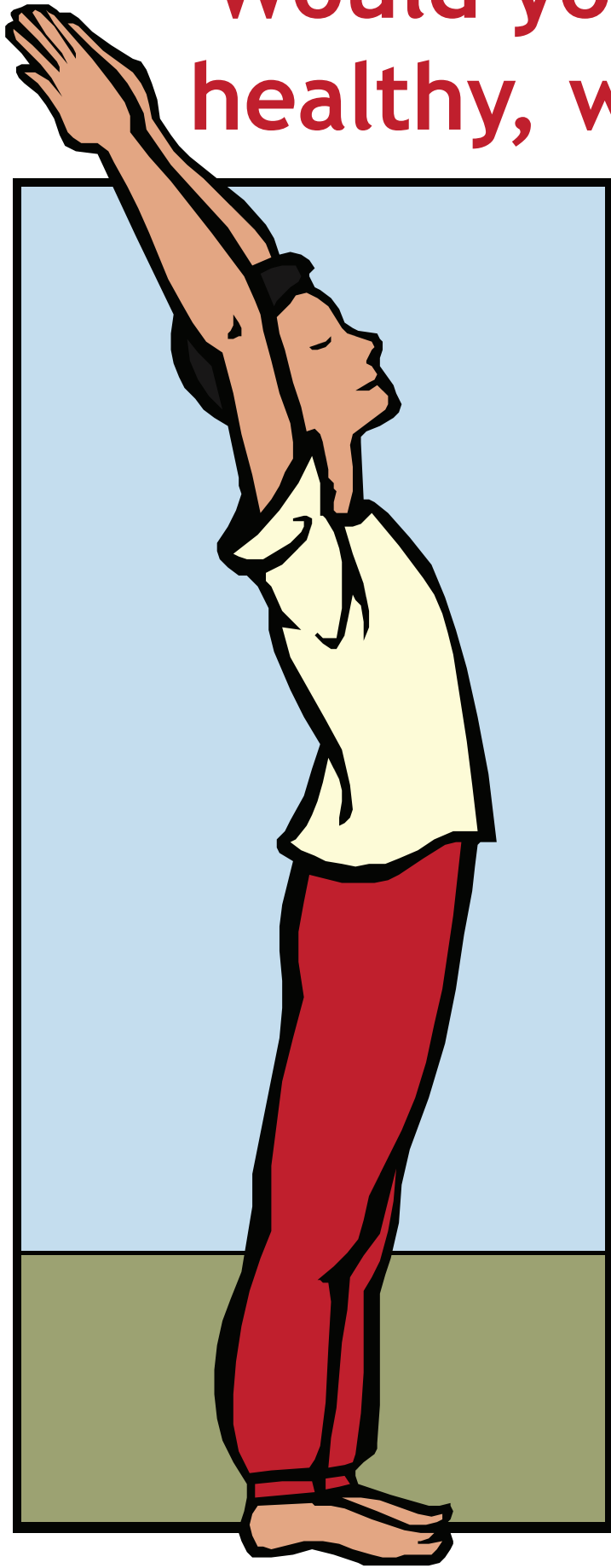


# Would you like to become healthy, wealthy and wise?



Cape Cod Municipal Health Group and the Cape Cod Cooperative Extension Invite you to Join the next Health Improvement Program (HIP).

## LEARN TO:

- Reduce risks of heart disease & cancer
- Reverse diabetes
- Reduce reliance on medications
- Reverse high blood pressure
- Increase energy levels
- Attain your goal weight
- Improve fitness

## Six-Week Health Improvement Program

Classes run October 4 - November 15 (no class on Election Day, Nov. 8)

Classes meet Tuesdays and Thursdays from 4:30 pm-6:30 pm

Classes are held at Eastham Town Hall, 2500 State Highway, Eastham

**SCREENING 1:** Monday, September 19, 5:00 pm-7:00 pm

Eastham Town Hall, 2500 State Highway, Eastham

**SCREENING 2:** Tuesday, September 20, 4:15 pm-6:15 pm

Nauset Middle School, 70 Route 28, Orleans



You will receive a \$200 stipend if you participate in 11 out of 12 classes.



Be eligible for a drawing of \$500.00 for participating in 11 of 12 classes.



One HIP graduate will receive a \$150.00 prize for being the HIP biggest loser!

Interested? Contact Dr. Robert Flaherty at [dr.flaherty\\_hip@verizon.net](mailto:dr.flaherty_hip@verizon.net)