

PLEASE JOIN US FOR A FREE EDUCATIONAL  
SEMINAR ON A PROGRAM ADDRESSING THE  
PREVENTION OF

## TYPE 2 DIABETES

# BALANCE

### WHAT is the **BALANCE** program?

- The BALANCE program is a sports and nutrition program for Type-2-Diabetics. It combines doctor's care, nutrition education, and a change of lifestyle to prevent heart attack, stroke, kidney disease, blindness and amputations.
- The BALANCE program is already well established in Germany where health insurance companies cover 90% of the costs (financial hardship cases are covered 100%).

### WHO is the **BALANCE** program for?

- Patients with Type-2-Diabetes and those who are diagnosed with borderline diabetic insulin levels and who are allowed to participate in the program with their doctor's permission!
- Diabetic patients within a Health Insurance Prevention Program
- Employees of a company with or without a fitness facility
- Diabetic patients who are willing to pay cash for services

### WHEN and WHERE is the seminar on the **BALANCE** program given?

- 6:30pm Tuesday July 10<sup>th</sup>, 2007
- Alexandria Medical Arts Pharmacy, 315 S. Washington St., Alexandria, Virginia 22314

For Reservations, please call:

**Alexandria Medical Arts Pharmacy**  
**703-549-4350**

Space is Limited