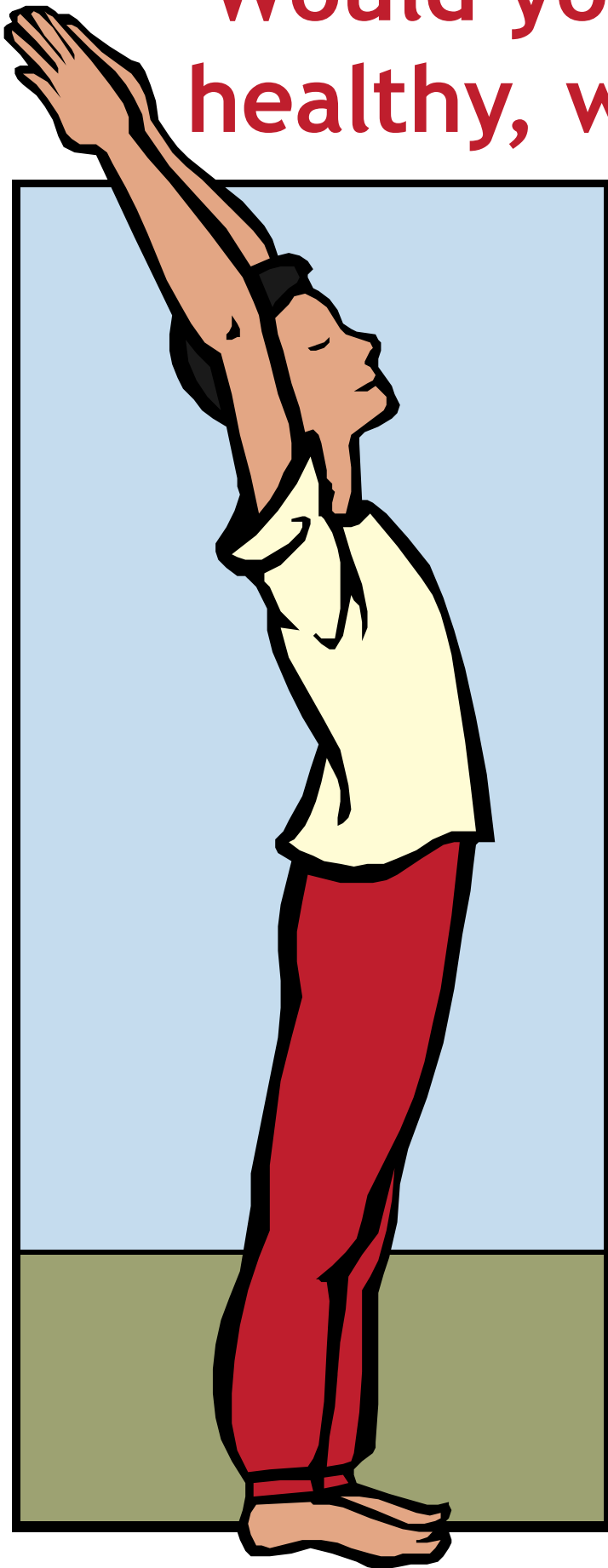


Would you like to become healthy, wealthy and wise?



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 February 5 - March 26

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

Classes are held at Gus Canty Community Center, 790 Main Street, Falmouth

SCREENING 1: January 8, 3:00 pm-6:00 pm

Gus Canty Community Center, 790 Main Street, Falmouth

SCREENING 2: January 10, 3:00 pm-6:00 pm

Old Water Department @ Town Hall, 59 Town Hall Square, Falmouth



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 \$250.00 prize for being the HIP biggest loser!

Interested? Contact Dr. Robert Flaherty at dr.flaherty_hip@verizon.net