

# TRIPLE THE RISK:

## ***Fighting Metabolic Syndrome***

- ***Obesity—High BMI*** • ***High Blood Pressure*** • ***Elevated Blood Sugar***
- ***Excess Waistline*** • ***High Triglycerides*** • ***Low HDL Cholesterol***

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Step Ahead Wellness Center   Atlantic Health Weight & Wellness Center

**WED., MARCH 2<sup>ND</sup> ★ 7:00 TO 8:30 P.M.**

***Place:***   *Bernards Township Municipal Bldg.  
One Collyer Lane  
Basking Ridge, NJ 07920*

***To Register: 908-204-2520***

### **WED., MARCH 16<sup>TH</sup> ~ IS FOOD FRIEND OR FOE?**

***Learn to tame the food addiction monster instead of it controlling you and how to eat healthy and be satisfied.***

### **WED., MARCH 30<sup>TH</sup> ~ LET'S GET PHYSICAL**

***Learn to slow the damage from Metabolic Syndrome.  
Get the most benefit from physical activity.***

