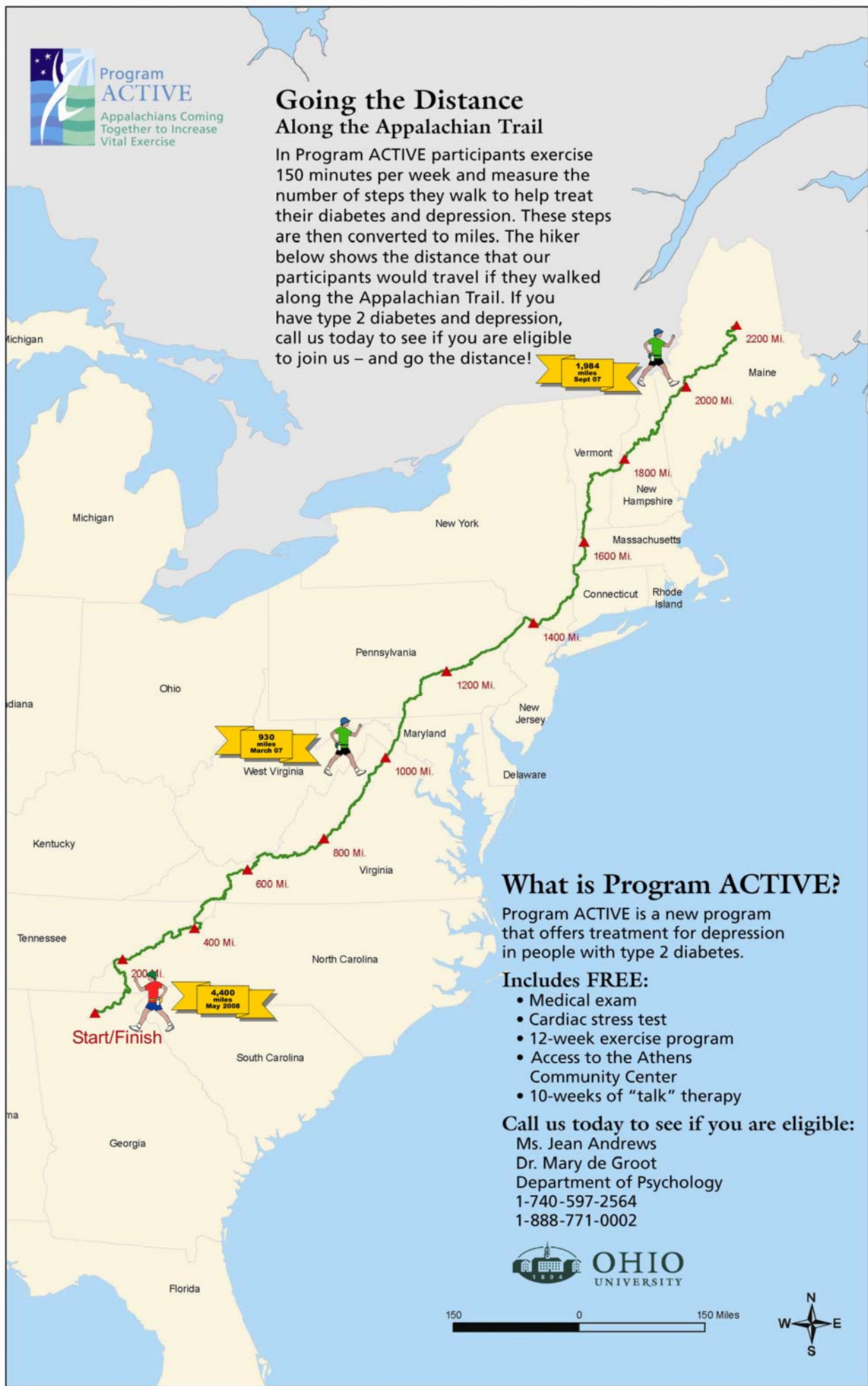




Going the Distance Along the Appalachian Trail

In Program ACTIVE participants exercise 150 minutes per week and measure the number of steps they walk to help treat their diabetes and depression. These steps are then converted to miles. The hiker below shows the distance that our participants would travel if they walked along the Appalachian Trail. If you have type 2 diabetes and depression, call us today to see if you are eligible to join us – and go the distance!



What is Program ACTIVE?

Program ACTIVE is a new program that offers treatment for depression in people with type 2 diabetes.

Includes FREE:

- Medical exam
- Cardiac stress test
- 12-week exercise program
- Access to the Athens Community Center
- 10-weeks of "talk" therapy

Call us today to see if you are eligible:

Ms. Jean Andrews
 Dr. Mary de Groot
 Department of Psychology
 1-740-597-2564
 1-888-771-0002

