



Program ACTIVE

Appalachians Coming
Together to Increase
Vital Exercise

Are you...

an adult with Type 2 Diabetes?

Have you been...

feeling depressed for two weeks or longer
and so depressed that it's gotten in the way
of work or home life?

Would you like these FREE services...

- medical exam?
- cardiac stress test?
- 12-week exercise program?
- access to the Athens Recreation Center?
- 10-weeks of "talk" therapy?

Would you like to...

feel less depressed and healthier?

Find out more...

Be part of a study that offers treatment
of depression for adults with type 2 diabetes.
To find out if you qualify-

Call us today!

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