

Microclinic Program

My health matters and so does yours!



The microclinic program is a free 10-week virtual class meeting weekly with optional monthly support and education classes following the initial 10-class session.

Participants work in small groups of their existing friends, families, or co-workers to learn easy and practical ways to eat healthier, become more active and take control of their health conditions in a supportive, group environment.

The microclinic program is a fun and effective way to learn how to choose a healthier lifestyle to prevent and manage diabetes, heart disease, and other chronic diseases.



What is the microclinic program?



Free program helping participants manage and prevent chronic diseases



Virtual class that meets weekly for 10 weeks



Participants work in small groups of friends and family



Fun, effective way to learn how to choose a healthier lifestyle



Join from your very own home or office via Zoom



Scan the QR code or visit tragerinstitute.org/microclinic-program to learn more or register.