

# Live the Balanced Lifestyle with TakeCare

#Relax&Unwind

EatRight

#SociallyConnected



**Ernest Aquino**  
Wellness Team Lead - TakeCare Wellness Center

*Ernest is the Wellness Team Lead at TakeCare, specializing in the wellness, fitness and health education. He is also a certified lifestyle coach and facilitates the group prevention programs which includes the Prevent T2 Diabetes Prevention Program and the Balanced Lifestyle Kickstart Program.*



**Jennifer Artero, RN**  
Clinical Quality, Wellness and  
Contracting Manager; Diabetes Educator

*Jennifer Artero, MSN, RN has served our local community as a nurse educator successfully in large part due to her leadership skills and ability to engage clients. This involves having clinical experience and advanced certifications in diabetes theories, and testing. She inspires others to align with and work toward their goals and provides them with the tools and guidance needed to realize that vision is sustainable.*



Balanced Lifestyle  
TakeCare

The only nationally recognized wellness program on island with a proven track record. TakeCare's Prevent T2 diabetes prevention program is fully recognized by the CDC.

*"I used to be 254 lbs with a 44" waistline. Now I'm proud to say that I am 218 with a 40" waistline. I can keep going on about doing things I love while remaining healthy!"*

*- Richard Manley, 80 years old, Prevent T2 Participant*

- Community Outreach
- Disease Management Counseling
- Evolt 360 Body Analyzer
- Health & Wellness Workshops
- Kids & Teen Workshops
- Nutrition Counseling
- Group Fitness Classes
- Prevent T2 - Diabetes Prevention
- Nicotine Cessation
- Worksite Wellness

For more information or to register for our programs, please contact our TakeCare Wellness Team at (671) 646-6956 ext. 7260, Monday through Friday from 8am - 5pm, or visit:

<https://takecarewellnesscenter.simplybook.me/> Or scan QR Code:



\*All health education classes are FREE to TakeCare members unless otherwise specified.

**TakeCare**<sup>SM</sup>  
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Our Island, Your Health Plan<sup>SM</sup>