



Balanced Lifestyle



**NEWLY RENOVATED  
WELLNESS CENTER!**



Wellness Center



**Jonei Delgado, RDN**

Jonei is a Registered Dietitian at TakeCare, specializing in the dietary needs and quality nutritional care of patients with chronic kidney disease. She is a proud member of Eat Right Pro/Academy of Nutrition and Dietetics, Renal Dietitian Practice Group and Oncology Nutrition Dietetic Practice Group.

# TakeCare's Wellness Programs

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

*Our Island, Your Health Plan™*



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takecareasia.com

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