



Physicians: You are a Health Role Model

Model healthy living to patients and staff by inviting them to
 JOIN YOU at Champions for Health's
 Solana Beach Sunset 5K Run/Walk October 1!

Lead a team of 20 or more patients and staff and receive **FREE** team t-shirts with your practice/team identification.

Visit www.SB5K.org to sign up.

For more information email Carlos.Medina@ChampionsFH.org.

Benefiting



**PHYSICIANS
 IMPROVING HEALTH
 CHANGING LIVES**

Diabetes Prevention Program



In Partnership With



THE DOCTORS INSURANCE AGENCY/Bob DeSimone

