

# Adults across Alaska can join programs to:

- Lose weight or stay at a healthy weight
- Prevent or manage diabetes
- Stop smoking, chewing, or vaping
- Lower blood pressure



[freshstart.alaska.gov](https://freshstart.alaska.gov)



# Join programs for better health:

- Many programs are free or low-cost.
- Programs are completed in different ways: in-person, online or by phone.
- Participants receive support with proven strategies, including coaches and more.



**Thousands of Alaskans have joined.**

**Are you ready?** [freshstart.alaska.gov](https://freshstart.alaska.gov)