



# Ready for a change?



## Adults can join programs across Alaska to:

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



## Find the program that's right for you.

Many programs are free or low-cost.

Programs are completed in person, online, or over the phone.



## Receive support.

You use proven strategies to meet your health goals.

Some programs match you with a coach.

Some provide tools to make healthy changes or track progress.

Thousands of Alaskans have joined.  
Are you ready?



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



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