

Take Charge and Prevent Diabetes!

Learn how the
Diabetes Prevention Program can help.



This program can help you:

- Maintain a healthier weight with better eating and more physical activity
- Reduce your risk of type 2 diabetes, heart disease, and stroke

You will learn how to:

- Problem-solve
- Set goals
- Make healthier food choices
- Be more active

This small-group program meets **16 weeks in a row for 1 hour.**
.....Then **once a month.**.....▶

Signing up has never been easier.

CLASS DATE

LOCATION

COST

ORGANIZATION
NAME

PHONE

EMAIL