BEAT PREDIABETES

Making a Lifestyle Change is Hard...We Can Help

Do you worry about your WEIGHT?
Do you wish you had more ENERGY?
Are you afraid you may get DIABETES?
Do you want to enjoy LIFE more?

- LEARN the skills to lose weight, be more physically active, and manage stress
- RECEIVE support from a Lifestyle Coach
- BOND with others sharing your same struggles

16 weeks of classes + monthly maintenance

You may be eligible for this program if you:
- Are 45 years of age or older
- Have a family history of type 2 diabetes
- Are overweight
- Are not physically active
- Had gestational diabetes

Make a commitment to your health by signing up for the DIABETES PREVENTION PROGRAM

CDC Diabetes Prevention Program
> cdc.gov/diabetes/prevention
AMA STAT Program
> preventdiabetesstat.org