

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**