If you have been diagnosed with prediabetes or are at risk of developing type 2 diabetes, you qualify for this program. Join us in this CDC-approved 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.

This complimentary program offers:
- A certified lifestyle coach to guide and encourage you
- The skills you need to be more physically active and promote healthy eating habits
- Group support from other participants in the program
- Stress management and problem solving

Reduce your risk of developing diabetes by 50%.

Learn strategies to help prevent or delay type 2 diabetes.
1-in-3 Americans has prediabetes and 90% do not know they have it.

Unsure if you’re at risk? Take the test at doihaveprediabetes.org.

Topics include choosing healthy food, staying active, goal setting, getting support, reducing stress, and more!

Classes begin
Saturdays,
February 24, 2024
10:00 -11:00 a.m.