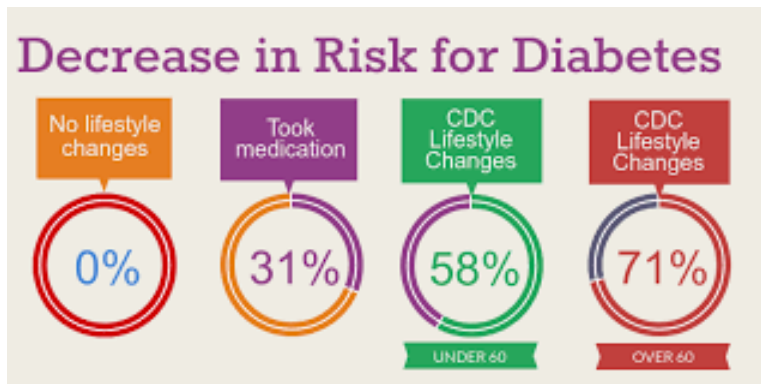


YOU CAN MAKE A CHANGE FOR LIFE



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

You can prevent or delay developing Type 2 Diabetes! Sign up today and make a life change!

Where: Tazewell County Health Department

When: Wednesdays from 5:00—6:00pm; beginning December 6th

To Register Call: 309-925-5511 Ext: 274



10/2017



Who is it for?

Individuals at risk for developing type 2 diabetes, diagnosed with prediabetes, or have a history of gestational diabetes.

What is it?

A lifestyle change program designed to prevent and delay type 2 diabetes.

1 OUT OF 3 U.S. ADULTS
HAVE ONLY 10% KNOW
PREDIABETES, THEY HAVE IT.

Sessions:

16 group sessions are held weekly during Phase One. Monthly sessions are held during Phase Two for the remainder of the calendar year.

Dates:

Sessions will be held on Wednesdays from 5:00-6:00pm at the Tazewell County Health Department beginning December 6th.

An Informational meeting will be held on November 15th at 5:00pm at the Tazewell County Health Department.

Cost:

\$25.00 for the entire year long program.

For more information or to enroll
please contact Camila or Kim at 309-925-5511

