

# 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.

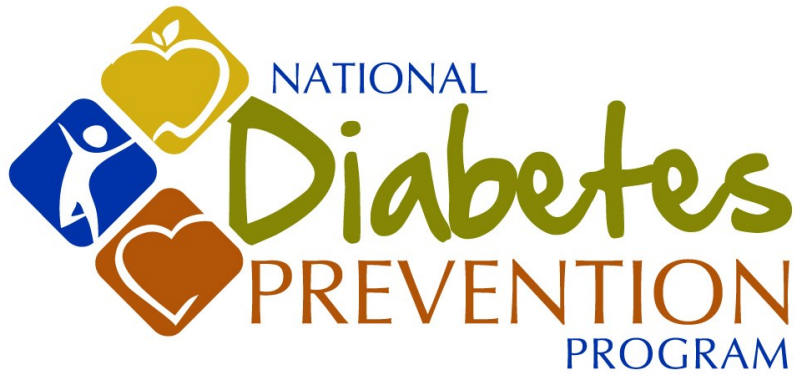
You can prevent or delay type 2 Diabetes! Sign up today and make a life change!

**Where:** Tazewell County Health Department

**When:** Tuesdays from 9:30—10:30am; beginning April 10th

**To Register Call:** 309-925-5511 Ext: 224





## 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  
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 Tuesdays from 9:30-10:30am at the Tazewell County Health Department beginning April 10th.

An Informational meeting will be held on March 20th at 9:30am 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 Ext: 224

