

FLORIDA  
**DIABETES  
PREVENTION  
PROGRAM**

# BEAT PREDIABETES

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

## KICKOFF EVENT

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?

**You may be at risk for type 2 diabetes  
and 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

**16 weeks of classes + monthly maintenance**

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



**CDC Diabetes Prevention Program**

➤ [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention)

**AMA STAT Program**

➤ [preventdiabetesstat.org](http://preventdiabetesstat.org)