

# 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**