



# Together, let's make healthy happen.



## PREPARING FOR THE NEW YEAR!

Improve your health from the comfort of your home through virtual diabetes prevention classes!  
Register by February 7th  
Classes Start February 7th @ 6:00pm  
**Registration is extended to 1/11/2023**  
**CLASSES STARTING SOON!**

**DIABETES PREVENTION**

- Keep normal weight
- Eat healthy foods
- Eat appropriate portion sizes
- Add regular activity everyday
- Get regular, preventive care
- Don't smoke

### The free Diabetes Prevention Program offers you:

- ❖ A lifestyle health coach to guide and encourage you
- ❖ Skills/information to lose weight, be more active and manage stress
- ❖ Healthier eating without giving up your favorite foods
- ❖ Access to fresh fruits & vegetables
- ❖ Once a week online Zoom classes
- ❖ Cooking demonstrations
- ❖ Online fitness classes

### ARE YOU AT RISK?

You may have prediabetes if you:

- ✔ Are 45 or older
- ✔ Are overweight
- ✔ Have a family history of Type 2 diabetes
- ✔ Have had gestational diabetes
- ✔ Are physically active less than 3 times a week

Please [click here](#) to register!

For more information, please contact:  
[Melinda.harville@aah.org](mailto:Melinda.harville@aah.org)  
(773) 967-3426

Scan here with your smart camera for more information



Take charge of your health and make the change!