

FREE Diabetes Prevention Program

Register **NOW** for virtual Diabetes Prevention Classes!

*Prepare for the new year!
Improve your health at home
with our **year-long benefits:***



- » Access to a lifestyle health coach
- » Skills and information provided by the CDC to improve health
- » Access to fresh fruits and vegetables
- » Weekly online Zoom classes
- » Cooking demonstrations
- » Online fitness classes

Are you at risk? You may already 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

Classes starting Feb 1!
Register by JANUARY 26.

[CLICK HERE](#) to register!
For more information, please contact:

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**Scan here
with your
smart
camera to
sign up!**

