YOU CAN MAKE A CHANGE FOR LIFE

NATIONAL Diabetes PREVENTION PROGRAM

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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 change for life!

Dial 211

and ask for Diabetes Prevention Programs near you.

Visit WIN211.org

Washington State 2-1-1™
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