

# Prevent T2 Diabetes Program

YOU CAN PREVENT OR DELAY TYPE 2 DIABETES. JOIN US!

## LAKES REGION GENERAL HOSPITAL

Learn more at the FREE Info session:

Jan. 26, 9-10am

Program starts on:

Thursday, Feb. 2, 9-10am

## FRANKLIN REGIONAL HOSPITAL

Learn more at the FREE Info session:

Jan. 25, 3-4pm

Program starts on:

Wednesday, Feb. 1, 3-4pm

*Program Cost: \$25.00 (gift card awarded to those who finish program)*



**Have you ever been told by a health care professional that you:**

- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?
- Are at risk for getting diabetes?

**You may be at high risk for type 2 diabetes, but there is something you can do about it!**

This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and then monthly follow-up sessions for one year with a trained lifestyle coach. Weekly weigh-in as well as food and activity logs are a key component of the program.

**YOU CAN MAKE A  
CHANGE  
FOR LIFE**



**Call today!**

**527-7120**

**LRGHealthcare**

*care. compassion. community.*