

# YOU CAN MAKE A CHANGE FOR LIFE



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.

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Informational meeting **Tuesday, Jan. 8 at 6 p.m.**

Weekly meetings beginning **Tuesday, Jan. 15 at 6 p.m.**

Clinton Township Senior Center, 40730 Romeo Plank Road, Clinton Township, MI 48038

For more information or to register, call (586) 263-2993 or email [dpregistration@hfhs.org](mailto:dpregistration@hfhs.org).

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