

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.

Informational Meeting Wednesday, Jan 30 at 11 a.m.
Weekly meetings beginning **Wednesday, Feb. 6 at 11 a.m.**
St. Therese of Lisieux • 48115 Schoenherr Rd., Shelby Township, MI 48315

For more information or to register, contact Fenise Brownlee at FBROWN1@hfhs.org or (586)263-2993.

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