



Are You at Risk for Diabetes? Make a *Change for Life* by joining

PREVENT T2

A National Diabetes Prevention Program

Using a CDC-approved curriculum, our certified lifestyle coach will help you reach the following goals:

- *Lose a minimum of 5% to 7% of your body weight*
- *Increase physical activity to 150 minutes or more per week*
- *Live a healthy lifestyle*

LET'S GET STARTED!

The Cayuga Community Health Network will offer a *Prevent T2* class for one year starting **March 15, 2018** at East Hill Medical Center 3-4PM.

Receive education, fight insulin resistance training, support, and tools



National Institute of Health (NIH) research showed that following this program reduced the risk of developing type 2 diabetes by **58 percent**.

You immediately qualify for this program if you have one of the following:

- An A1c blood value between 5.7 to 6.4 (You were diagnosed with prediabetes)
- A history of gestational diabetes
- Overweight and inactive (age 18 or older)
- Age 65 or older
- A score of 9 or higher on the pre-test (Call **315 252-4212** to do the test over the phone)

Register today! Contact: Georgette Jones, MPH
phone(315)252-4212 or email:gjones@cayugahealthnetwork.org