

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.

You can prevent or delay type 2 diabetes! Sign up today and make a change for life!

Find out how to enroll by contacting:

For more info or to register for this session, call Susan Dunlop at the Tompkins County Health Department:
(607) 274-6710

Weekly sessions begin:

TUESDAY, MAY 22

4:15-5:15 p.m.

Tompkins County Health Department
55 Brown Rd., Ithaca (by the airport)