



# ***Are you at risk for Diabetes? Make a Change for Life***

## ***Join Prevent Type 2***

### **A National Diabetes Prevention Program**

Lifestyle coaches help participants reach the following goals:

- Lose a minimum of 7% of body weight
- Increase physical activity to 150 minutes or more per week

## ***LET'S GET STARTED!***

NIH research showed that following this program reduced the risk of developing type 2 diabetes by 58%

If you have prediabetes (your sugar is high) or believe you are at risk for diabetes, you may be eligible for this program.

Contact: Lonna Kelly  
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To register or for more information visit  
[www.putnamils.org/diabetes-prevention-program](http://www.putnamils.org/diabetes-prevention-program)

**Putnam Independent Living  
Services will offer a FREE  
Prevent T2 class starting**

**January 27, 2020, 6pm  
PILS  
Suite 204, 1441 Rte. 22  
Brewster, NY 10506**

***Receive education and support  
for one year***



Putnam Independent  
Living Services  
1441 Route 22  
Brewster, NY 10509

