



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
(845) 228.7457 ext.1110
email LKelly@putnamils.org

To register or for more information visit 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

