

PRE-DIABETES ???



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

FREE!

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 do this online!

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.

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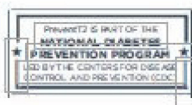
To register or for more information visit
www.putnamils.org/diabetes-prevention-program

Putnam Independent Living Services
and
Beekman Library

Prevent Type 2 Diabetes starts May 26, 10am

Use your computer,
tablet or phone with
internet access

Receive education, support
and tools for one year!



Putnam Independent
Living Services
1441 Route 22
Brewster, NY 10509

