

**YOU CAN MAKE A
CHANGE
FOR LIFE**



Becoming more active and losing a moderate amount of weight can help you change your family history. **The National Diabetes Prevention Program** workshop will help you take steps to prevent diabetes.

- Move your muscles
- Control your portions
- Find your healthy weight
- Get support
- Talk back to negative thoughts
- Manage stress
- Stay motivated
- Jump start your routine

Take the first step toward lasting change
Join this **FREE** one year **Diabetes Prevention Program**
With our Certified Life Style Coaches

At

Sadler Health Center
100 N. Hanover Street
Carlisle, PA 17013

Starting: 10/11/16

6:00 p.m. – 7:00 p.m.

Call to register: 717-960-4354

How do I know if this program is for me?

- Are you an adult who is overweight?
- Do you have a family history of diabetes?
- Have you ever been told by a health care professional that you have prediabetes, borderline diabetes, high blood sugar, or had gestational diabetes (GDM) while pregnant?