



YOU CAN PREVENT TYPE 2 DIABETES!

Did you know that one-in-three Coloradans have prediabetes? Are you one of them? Left untreated, prediabetes can raise your risk of developing Type 2 diabetes, heart disease and stroke. The good news is that you **CAN PREVENT** these serious complications.

The Diabetes Prevention Program, offered by Boulder County Area Agency on Aging, provides:

- A proven behavior change program developed by the Centers for Disease Control
- A trained lifestyle coach to provide support and guidance to the group
- Skill building to lose weight, become more physically active and manage stress
- A year-long program with weekly meetings for six-months and once to twice a month for the second six months

New class starting in February 2019.

Limited space so sign up early, classes are offered without charge to qualified participants.

Wednesdays
February 20 1 - 2 p.m.

St Vrain Community Hub, 515 Coffman St.
Longmont

To find out if you qualify call 303-441-4583

or email mpruitt@bouldercounty.org



Programs & Services for Healthy Aging

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