

YOU CAN MAKE A **CHANGE** FOR LIFE



Have you ever been told by a health care professional that you:

- Are at risk for developing diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

If so, you may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This year long program, offered by The Solutions Group, empowers you to change your lifestyle to help prevent type 2 diabetes. Eligible participants meet as a group with a trained Lifestyle Coach. Classes are once a week for the first 16 weeks and twice a month for the remainder of the program year.

You can prevent or delay type 2 diabetes

Sign up today and make a **CHANGE FOR LIFE!**

Find out how to enroll by contacting **The Solutions Group**

Tricia McCarty or Stephanie Mercado

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