You have the Power to Prevent Type 2 Diabetes

You have prediabetes. This means that your blood sugar is higher than normal and you are at much higher risk for getting Type 2 Diabetes.

I would like you to join a Diabetes Prevention Program to help you prevent this from happening. You will get support and learn how to:

- Lose some weight and keep it off, and
- Be more physically active

To register for a program near you, please call (877) 496-2780, or visit: www.CEACW.org/find-a-workshop