



Lifestyle Change – Don't Do it Alone (NDPP)



Are you at risk for prediabetes?

Using the QR code above, take a few minutes to complete the Prediabetes Risk Test to find out.

Are you ready to make lifestyle changes?

Being overweight and underactive puts you at risk for developing prediabetes and diabetes. Small weekly changes can reverse this. Meritus Community Health is offering the National Diabetes Prevention Program - Prevent T2 to help you meet your goals for better health and weight loss. This **free** class has proven to decrease your risk of developing diabetes by over 50% once you complete the program!

Meet a lifestyle coach who will support you through this journey and help you better understand healthier eating, how to add physical activity and how to deal with stressors.

Information Session

When: Tuesday, Oct. 26, 2021 from 5 - 6 p.m.

FREE program will begin Nov. 2, 2021 from 5 - 6 p.m. and continue weekly for 16-18 sessions in the first 6 months then monthly for 6 months.

Where: The information session will be held at the location listed below:

Meritus Education Center
Room 2948
Hagerstown, MD 21742

Enter at hospital main entrance and follow hallway to the left until you reach the end of the hallway. Classroom will be on the right.

For questions or concerns, contact your coach:

Laurie Sandberg, B.S.N., RN, CDES at 301-790-8907