



Lifestyle Change – Don't Do it Alone (Diabetes Prevention Program)



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: Monday March 28, 2022 from 10:30-11:30 a.m.

FREE program will begin April 4, 2022 10:30-11:30 a.m. and continue weekly for 16-18 sessions in the first 6 months then monthly for 6 months.

Where: The sessions will be held at the location listed below:

**Robinwood Professional Center
11110 Medical Campus Road
Suite 122 B
Hagerstown, MD 21742**

Free parking

Enter at the Yellow or Green entrance

For questions or to register, please call 301-790-8675