

# 5 STEPS TO BEAT PREDIABETES



Join a community of friends and neighbors who are building healthy lives.

## Our Diabetes Prevention Program will help you



### Nourish

Eat foods you & your body will love.



### Move

Be physically active in free & easy ways.



### De-Stress

Find balance when life gets hectic.



### Reset

Get back on track after setbacks.



### Thrive

Become the best version of you.

The National Diabetes Prevention Program is an evidence-based, CDC-recognized, lifestyle change program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

**Designed to help you succeed.**



### Free

Free & low-cost options are available.



### Powerful

Small steps make big changes.



### Convenient

Meet close to home or online.



### Guided

Each group is led by a lifestyle coach.



More than 80% of people with prediabetes don't know they have it.

Visit [TakeFiveSteps.com](https://www.TakeFiveSteps.com) or scan the QR code for more information.

