

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.

