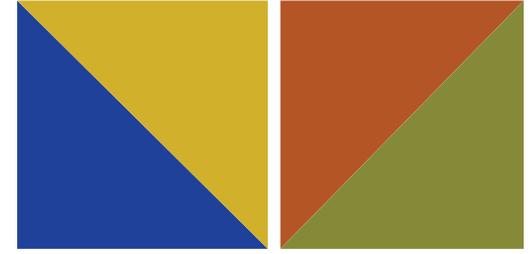


# YOU CAN MAKE A CHANGE FOR LIFE



**You may be at high risk for type 2 diabetes, but there is something you can do about it.**

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline Diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You can prevent or delay type 2 diabetes! Sign-up today and make a change for life! Find out how to enroll by contacting:

## **PH-INCD Diabetes Prevention Program**

**Learn More! Attend the OPEN HOUSE on 1/04/2016**  
(208) 799-0368  
hhhenson@phd2.idaho.gov

Presented by:

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**Public Health**  
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