

# YOU CAN MAKE A CHANGE FOR LIFE



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 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.

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You can prevent or delay type 2 diabetes! Sign up today and make a change for life!

Find out how to enroll by contacting:

Rochelle Hamilton at **541-963-3186**

[rochelle@ccno.org](mailto:rochelle@ccno.org)

[www.ccno.org](http://www.ccno.org)



Tuesdays starting June 5, 2018

1:00pm – 2:00 pm

Enterprise Senior Center

702 NW First Street

Enterprise, Or 97828