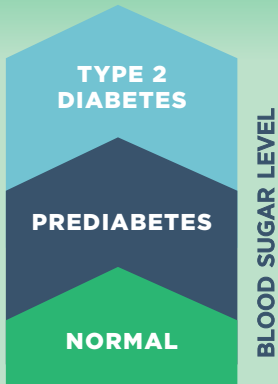
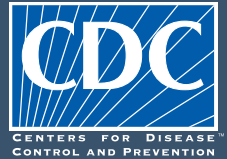


PREDIABETES

COULD IT
BE YOU?



Prediabetes increases your risk of:



**TYPE 2
DIABETES**



**HEART
DISEASE**



STROKE



Without weight loss and moderate physical activity **15-30% of people with prediabetes** will develop type 2 diabetes within 5 years

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES –

See your doctor to get your blood sugar tested



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

**JOIN A CDC-
RECOGNIZED**
diabetes
prevention
program



DIABETES PREVENTION PROGRAM at Olympic Medical Center

WHEN? – Thursdays from 3:00 to 4:00 p.m.
First Session: August 4, 2016

WHERE? – Medical Services Building
840 N. 5th Avenue, Sequim

HOW LONG? – 16 weeks plus 6 follow-up sessions

HOW MUCH? – \$160 registration/class fee



VICKI EVERETT, RD, CDE

Diabetes Education
Coordinator
Registered Dietitian
Certified Diabetes
Educator
Trained Lifestyle Coach

QUESTIONS? CALL:
(360) 417-7125

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