

THE NATIONAL DIABETES

PREVENTION PROGRAM

A **FREE** program that provides support to make lifestyle changes to prevent Type 2 Diabetes. Topics include healthy eating, being active, and day-to-day situations.

CLASS STARTS

February 26, 2018

5:15-6:15pm

440 W 600 N

Tremonton, Utah 84337

Are you Eligible?

- Must be 18 years or older
- Overweight (BMI greater than 25)
- At risk for developing Type 2 Diabetes

OR

Have been diagnosed with pre-diabetes or gestational diabetes from a health care provider

Call 435.792.6510 to enroll.

