

NEED HELP TO LOSE WEIGHT AND BE ACTIVE?



U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

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

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. Take action now — you're worth it!

Call **Leslie Shallcross** at **786-6313**
or
786-6300 for more information.



UAF is an AA/EEO employer and educational institution.

Prediabetes Can Lead to Type 2 Diabetes

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. The lifestyle changes you make will help you prevent or delay type 2 diabetes.

But there is something you can do about it.

This program follows the Centers for Disease Control National Diabetes Prevention Program curriculum. It is an approach that is proven to prevent or delay type 2 diabetes and includes:

- Trained lifestyle coach
- CDC-approved curriculum
- Registered dietician
- Help with weight loss and physical activity plan

Give yourself or someone you love the gift of health. Sign up for the National Diabetes Prevention Program.

**16-week program and
monthly follow-up for one year — \$240**

Sign up today and change your life.

**New class sessions begin
Monday, Nov. 2, 2015
12:30 - 1:30 p.m. OR 7 - 8 p.m.**

**Register online at:
bit.ly/AnchWkshp**

Payment will be accepted after admission to the program.

For more information, call Leslie Shallcross at:
786-6313 or 786-6300