

Who:

Anyone over the age of 18 years seeking to improve their health and prevent or delay diabetes

When:

Classes meet online once a week for one hour

Where:

Wherever you have internet access!

Save your Spot today!
Visit the Quick Link Menu at:
westcentralhealthdistrict.com

Program Testimonials



**Jan
Booker**

"This program has taught me how to eat healthy and find an exercise routine that works for my schedule."

**Bruce
Wheeler**



"I love having a lifestyle coach. She has given us great information, helped me stay on track, and stay positive!"



**Suchada
Jin-Jin
Hantragoon**

"I enjoy hearing different ideas and perspectives in the program and am motivated by the enthusiasm I see each week."

YOU CAN MAKE A FOR LIFE.

With West Central Health
District's Diabetes
Prevention Program





Type 2 Diabetes

Nearly 1 in 4 American adult lives with diabetes. Additionally, approximately 1 in every 3 adults living in Georgia is obese, a significant risk factor for diabetes. Diabetes is a growing health problem in Georgia and is even is the seventh leading cause of death.

However, with lifestyle changes such as an increase in physical activity, diabetes can be prevented. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack and stroke.

The lifestyle changes you make in West Central Health District's Diabetes Prevention Program will help you cut your risk of developing type 2 diabetes in half.



You May Be At Risk for Type 2 Diabetes If You:



Prevent Type 2 Diabetes with West Central Health District



With the Program You Get:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- A 1 year-long online program



Make a Change- Start Today!

Reserve your spot in West Central Health District's Diabetes Prevention Program today.

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