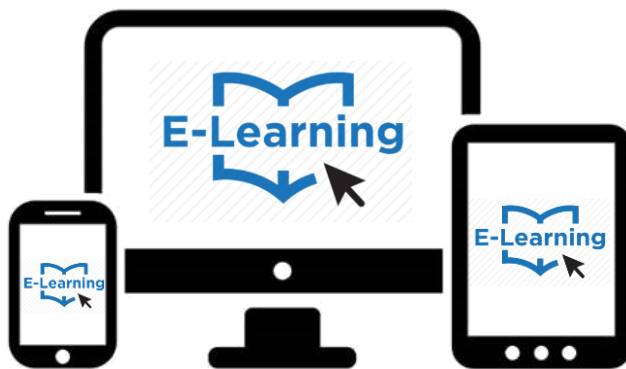




Diabetes Prevention Program Classes

NOW ONLINE!



Your Provider wants you to join this program! Ready to make a change?

ARE YOU:

- Overweight/Obese?
- Pre-diabetic?
- 18 Years or older?

Please join us for FREE info sessions on

June 16th and June 18th from 10:30-11:30am and

June 17th and June 19th from 2-3pm

Via Go To Meeting: <https://global.gotomeeting.com/join/281725277>

No computer? You can also dial in using your phone:

[1 \(408\) 650-3123](tel:14086503123)

Access Code: 281-725-277

New to GoToMeeting? Get the app now!

<https://global.gotomeeting.com/install/281725277>

TAKE MEANINGFUL STEPS TO DECREASE YOUR RISK OF TYPE 2 DIABETES

With help from a trained lifestyle coach and group support, you deserve to live a healthy life without the hassle of needles and pills for yourself and your family.

The year-long free DPP provides you with:

- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- Weekly meetings for the first six months and monthly meetings for the second six months
- Skills you need to lose weight, be more active, and manage stress

**IF YOU WOULD LIKE
TO ENROLL, PLEASE
CONTACT:**

Evelyn Esparza
312-337-1073
Ext. 4122