



TAKE CONTROL OF
YOUR WEIGHT AND YOUR WELLNESS

1 IN 3 ADULTS HAS PREDIABETES

- Reduce your risk of developing type 2 diabetes
- Protect your eyesight
- Your insurance may cover this 12-month lifestyle changing program



NATIONAL DIABETES PREVENTION PROGRAM

Diabetes is the leading cause of severe vision loss, heart disease and disability in people of all ages. Are you at risk?

- Are you 18 years of age or older?
- Do you have a family history of type 2 diabetes?
- Are you struggling to lose weight or maintain a healthy weight?

Program Highlights

- 16 weekly, 1 hour sessions
- Nutrition counseling
- Program handbook and incentives
- 6 monthly maintenance meetings

**Call the Sight Center to learn more
about Diabetes Prevention!**

814-455-0995

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