

# YOU CAN MAKE A CHANGE FOR LIFE



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

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

Informational meeting **Wednesday, Feb. 13 at 6 p.m.**

Weekly meetings beginning **Wednesday, Feb. 20 at 6 p.m.**

Henry Ford Medical Center, 3500 15 Mile Road, Sterling Heights, MI 48310

Second Floor, Conference Room A

For more information or to register, call (586) 263-2993 or email [dppregistration@hfhs.org](mailto:dppregistration@hfhs.org).

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