

New Class Starting January 17th
Mondays 9am - 10am / Peoria YMCA

Register online at:
www.tazewellhealth.org
For questions, call: 309.929.0395



TAKE ACTION

Prevent Diabetes

Cost of the 12 month program is \$50.00
*Medicare & Medicaid cover the cost for individuals with an A1C of 5.7% - 6.2%.

DIABETES PREVENTION PROGRAM



Eat for Improved Health

What you eat and drink impacts your health and wellbeing. This program will help you improve your health & prevent diabetes through adopting healthy nutrition practices.



Increase Physical Activity

Just increasing your weekly activity to 150 minutes per week decreases your risk of developing diabetes. This program offers support and encouragement as you move toward increasing your activity level.



Achieve a Healthy Weight

Reaching and maintaining a healthy weight drastically decreases your risk of developing Type 2 diabetes. This program offers support and accountability as you strive to achieve a healthy weight.



Type 2 Diabetes CAN BE prevented! The Diabetes Prevention Program provides you with a lifestyle coach to support, encourage, and hold you accountable as you work to make a healthy lifestyle change proven to **PREVENT Diabetes!**

Signup Today!

309-929-0395

tazewellhealth.com

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