

Join us for an overview of the Care Coordination Diabetes Prevention Program to learn how your health can benefit from this program!

October 18th 12:00 noon at the Rotterdam Senior Center.

If you could make one investment that would reduce your risk of type 2 diabetes, improve your health, and give you more time and energy for the people and activities you love, would you?

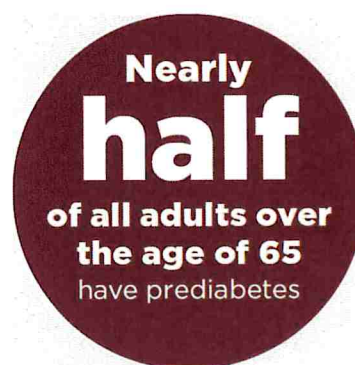
If you have or are at risk for prediabetes there are steps you can take to prevent or delay type 2 diabetes and other serious health problems and improve your health. Don't wait. Take action today with reasonable, proven lifestyle changes.

What you don't know can hurt you.

Most people with prediabetes don't have visible symptoms. So the first step is to find out if you are at risk.

- ✓ Are you 45 years old or older?
- ✓ Are you overweight?
- ✓ Are you physically active less than 3 times a week?
- ✓ Do you have a family history of type 2 diabetes?

If you answer yes to two or more questions, you might be at risk for prediabetes.



The clock is ticking, take the next step.

If you have prediabetes we can help. Your next step is to enroll today in the Care Coordination DPP lifestyle change program. Our program is part of the Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program and is proven to work. It provides a **supportive and fun environment** to help you apply what you learn, develop new healthy habits, and manage the stresses of life. In the lifestyle change program, you'll learn, laugh, share stories, try new things, and build new healthy habits—all while lowering your risk of type 2 diabetes, heart disease and stroke.

Key components of the program
CDC-approved science based curriculum with lessons, handouts, and other resources to help you make healthy changes.
A lifestyle coach, specially trained to lead the program , to help you learn new skills, encourage you to set and meet goals, and keep you motivated. The coach will also facilitate discussions and help make the program fun and interesting.
A support group of people with similar goals and challenges. Together, you can share ideas, celebrate successes, and work to overcome obstacles. In some programs, the participants stay in touch with each other during the week. It may be easier to make changes when you're working as a group than doing it on your own.
No cost. The program is free
RVSP with the Rotterdam Senior Center by October 14th (518) 356-1561

