

Reverse your  
prediabetes  
diagnosis.

**I did.**



## In an [Towns] lifestyle change program

When I was diagnosed with prediabetes, I struggled to deal with it on my own—until I found the CDC-recognized lifestyle change program in my community. I gained the skills and support I needed to make small changes and turn my health around. Learn how to reverse your prediabetes and prevent type 2 diabetes. It really works.

- Get effective, evidence-based tools and tips
- Work one-on-one with a trained lifestyle coach
- Find online/in-person guidance and support
- Reduce stress and improve your whole health

### [Program Name]

(XXX) XXX-XXXX

XX Street St.  
Town, Wisconsin  
XXXXX

[PreventDiabetesWI.org](https://PreventDiabetesWI.org)



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