

You can
do this.



You can lower your prediabetes risk.

[Town]'s lifestyle change program can help.

Making small, positive changes to your everyday habits isn't always easy, but you don't have to do it alone. With a little guidance and support, you can reduce your risk of prediabetes and build healthy habits that last a lifetime. You still have a chance to lower your high blood sugar and prevent type 2 diabetes. **Don't wait.** Learn how you can join a National Diabetes Prevention Program lifestyle change program in your community today.

[Program Name]

(XXX) XXX-XXXX

XX Street St.
Town, Wisconsin XXXXX

PreventDiabetesWI.org



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-02819 (10/2020)

What's Your Reason to Join?

This isn't a fad diet or a list of dos and don'ts. It's a proven lifestyle change program recognized—by the CDC for its effectiveness—that can help you lower your blood sugar and take control of your health.

→ **Get effective, evidence-based tools**

Research shows that people who join a CDC-recognized lifestyle change program are 58% less likely to develop type 2 diabetes later in life.

→ **Work one-on-one with a trained lifestyle coach**

Get personalized guidance from an experienced diabetes prevention specialist who'll help you learn to eat healthier, reduce stress, and get active.

→ **Find online/in-person guidance and support**

Join a supportive community of people who'll share your struggles, offer practical tips and advice, and help you bounce back from setbacks.

→ **Reduce stress and improve your whole health**

Improving your physical health can boost your energy, help prevent chronic diseases, and benefit your mental, emotional, and behavioral health, too.

→ **It's affordable**

Join on your own or with a doctor's referral. Many employers and health insurance providers may support your participation, too.