

Pre-Diabetes? YOU CAN

*Are you at risk for diabetes?
Make a Change for Life*

FREE!

Join Prevent Type 2 Diabetes

Lifestyle coaches help participants reach the following goals:

- Lose a minimum of 7% of starting weight
- Increase physical activity to 150 minutes or more each week.



Let's do this online!

NIH research showed that following this program reduced the risk of developing type 2 diabetes by 58%

If you have prediabetes (your sugar is high) or believe you are at risk for diabetes you may be eligible for this free program.

Contact: Lonna Kelly
(845) 228.7457 ext. 1110
email LKelly@putnamils.org

To register or for more information visit www.putnamils.org/diabetes-prevention-program.

Putnam Independent Living Services
and
Beekman Library

**Prevent Type 2 Diabetes
starts July 7th, 6:30pm**

Use your computer, tablet, or phone
with internet access

Receive education, support and tools
for one year!

845.228.7457 ext. 1110



Putnam Independent
Living Services
1441 Route 22
Brewster, NY 10509



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