

ARE YOU THE

1 out of 3

ADULTS IN THE US WITH PREDIABETES?

TRI-CITIES COMMUNITY
HEALTH
myTCCH.org 509.547.2204

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2

3

*Could You
Develop
Diabetes?*

YOU WILL LEARN HOW TO:

- Eat healthy without giving up all the foods you love
- Add physical activity to your life, even if you don't think you have time
- Deal with stress
- Cope with challenges that can derail your hard work—like how to choose healthy food when eating out
- Get back on track if you stray from your plan—because everyone slips now and then

If you have been diagnosed with prediabetes, getting type 2 diabetes doesn't have to be a sure thing. In fact, prediabetes can often be reversed. If you've decided to make some healthy changes but don't know where to begin, **Tri-Cities Community Health offers classes for FREE to help you get started.**