



FREE Diabetes Prevention Classes!

This program includes:

- ✓ A CDC-approved curriculum
- ✓ Skills you need to lose weight, be more physically active, and manage stress
- ✓ Support from others who share the same goals
- ✓ 16 weekly sessions
- ✓ Follow-up sessions once a month for six months
- ✓ English or Spanish class options

Classes starting now!

FOR MORE INFORMATION CONTACT:

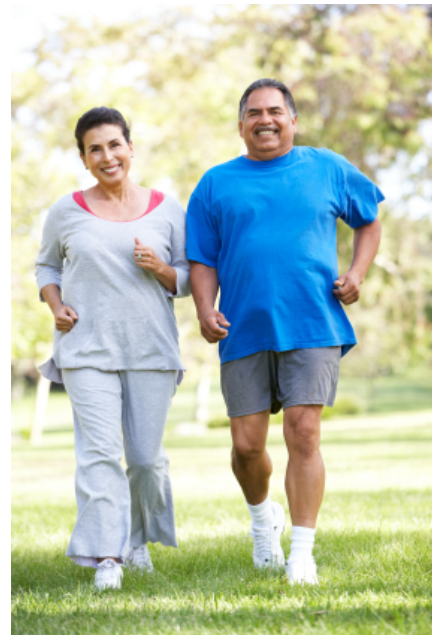
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You can change your life!

Join us!