

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
<https://www.putnamils.org/diabetes-prevention-program-intake-form/>

Putnam Independent Living Services
and
Taconic Resources for
Independence, Inc.

**Prevent Type 2 Diabetes
starts Monday, Feb. 1
5-6pm**

**Use your computer, tablet, or phone
with internet access**

**Receive education, support and tools
for one year!**



Putnam Independent
Living Services
1441 Route 22
Brewster, NY 10509



an program