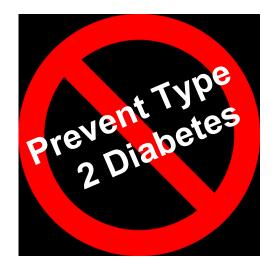
Pre-Diabetes? YOU CAN



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/diabetesprevention-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!





