

Lose weight!
Improve food choices!
Increase physical activity!
Prevent diabetes!

Florida Department of Health in Santa Rosa County is announcing the upcoming Center for Disease Control National Diabetes Prevention Program to be held at the health department in Milton, located at 5527 Stewart Street.

The first class will be Tuesday, January 12 from 4:00-5:00 p.m.

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss or moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

For a fee of \$25, participants will receive:

- * Trained coach to help guide and encourage you
- * In person classes
- * CDC approved program
- * Support from others working on the same goals as you
- * Skills to help you lose weight, be more physically active and manage stress
- * Labs
- * 16 weekly sessions with six follow-up monthly sessions to help you maintain healthy lifestyle changes

To register, please call Susan Howell at 850-983-5200 ext. 154