

TAKE CONTROL: Preventing Diabetes

A Program to Lose Weight & Prevent Diabetes

Florida
HEALTH
Escambia County

Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.

 **1** OUT OF **3** adults has prediabetes

9 OUT OF **10**  don't know they have it

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE

IF YOU HAVE PREDIABETES

RESET: Small Steps, Big Change

can help you improve your overall health by losing weight, eating better, and being more active

YOU'LL GET:



A proven program led by a trained lifestyle coach to prevent or delay type 2 diabetes



A CDC-approved curriculum with techniques to improve food choices and increase physical activity to at least 150 minutes a week to help you lose 5 to 7 percent of your body weight



A full year of support with weekly 1-hour sessions for up to 6 months and then monthly sessions for the rest of the year



Support from others like you as you learn new skills for healthy living

Registration is OPEN!

Group Classes starting
June 3rd, 2024

Groups meet on Mondays from
10:00 a.m. to 11:00 a.m.

August 22, 2024

Groups meet on Thursday's from
4:00 p.m. to 5:00 p.m.

These are 16 week programs followed
by monthly maintenance sessions.



Small Steps
Big Change

For questions or more
information, call 850-316-2756
or visit EscambiaHealth.com.

TO REGISTER
**SCAN
HERE!**

