

# TAKE CONTROL: Preventing Diabetes

Florida  
HEALTH

A Program to Lose Weight & Prevent Diabetes

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

## Registration is OPEN!

### Group Classes Starting

**Cohort 1**

**Thursday**

**January 22, 2026**

**4:30-5:30 p.m.**

**Cohort 2**

**Wednesday**

**February 25, 2026**

**4:30-5:30 p.m.**

Health and Hope Clinic  
1718 E. Olive Road  
Pensacola, FL 32514

West Florida Public Library  
239 N. Spring St.  
Pensacola, FL 32502

**These are 16 week programs followed by monthly maintenance sessions.**

A live virtual option is available.

**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



*Small Steps  
Big Change*

For questions or more information, call 850-316-2764 or visit [Escambia.FloridaHealth.gov](http://Escambia.FloridaHealth.gov).

**TO REGISTER  
SCAN  
HERE!**

