

# 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

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](https://Escambia.FloridaHealth.gov).

TO REGISTER  
**SCAN  
HERE!**



## Registration is OPEN!

Group Classes starting

Thursday  
February 25, 2026  
4:30-5:30 p.m.

Classes will be held at  
West Florida Public Library  
239 North Spring St.  
Pensacola, FL 32502

These are 16 week programs followed by monthly maintenance sessions.

A live virtual option is available.