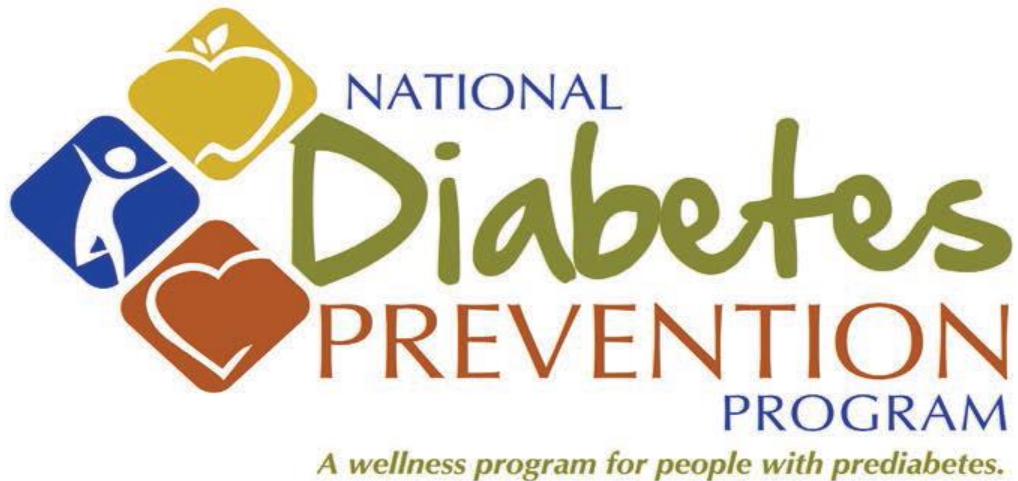


CHOOSE
YOUR
LIFE



Are you at risk for Type 2 Diabetes?

Please join us for the National Diabetes Prevention Program!!

- This evidence based program helps participants make real lifestyle changes like eating healthier and including physical activity in their daily lives.
- Sessions are weekly for 16 weeks and then monthly.
- Learn more about pre-diabetes:

<http://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>

Where? When?

Interested? Call us to ask about next series!

Clear Creek County Public & Environmental Health

Laura Robertson, Health Educator, 303-670-7539

Email: lrobertson@co.clear-creek.co.us



CLEAR CREEK COUNTY
Public and Environmental Health