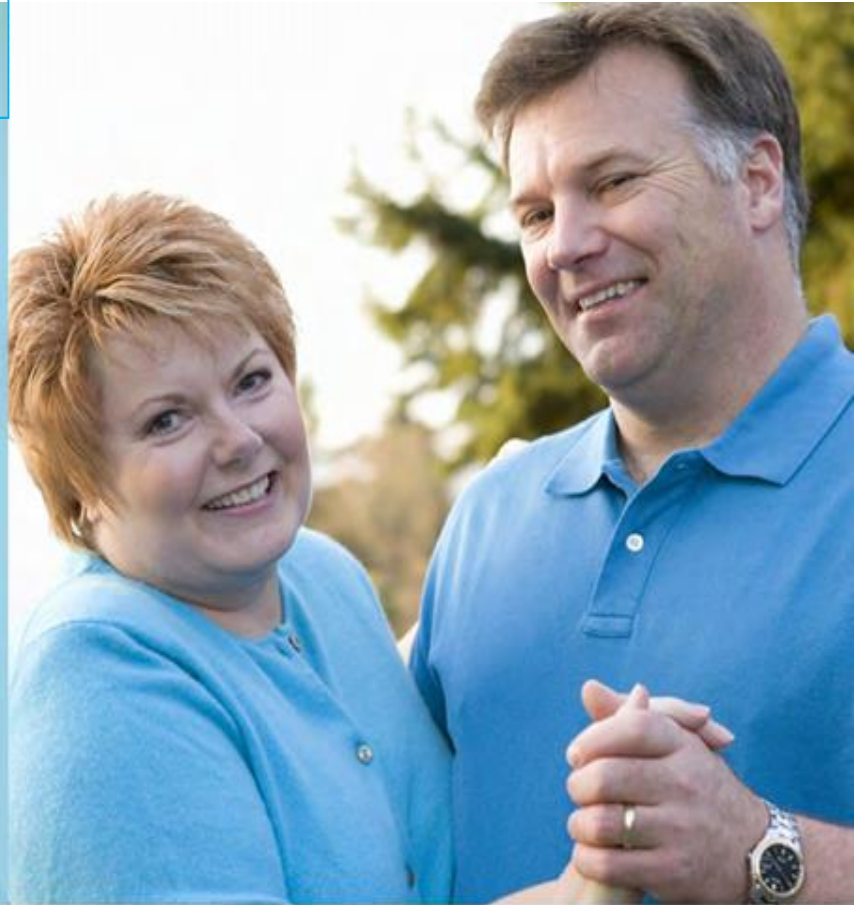


PREVENT DIABETES SIOUX COUNTY

Why do I PreventT2?

Because we want to have a long and happy future together, I am making preventing type 2 diabetes a priority.



IF YOU HAVE PREDIABETES OR ARE AT RISK FOR TYPE 2 DIABETES, THERE IS SOMETHING YOU CAN DO

Join PreventT2 — a lifestyle change program proven to prevent or delay type 2 diabetes. It includes:

- A **CDC-approved curriculum**
- Weekly **sessions with a trained lifestyle coach** to help you lose weight, eat healthier, be more physically active, and manage stress
- **Support from others** like you

For the reasons that are important to you, join PreventT2.

To register, complete the form below:
email to: preventdiabetes@siouxcountychp.org
or mail to:

Prevent Diabetes Sioux County
211 Central Ave SE
Orange City, IA 51041

Name:

Age:

Address:

Phone:

2nd Phone:

E-mail (optional):

Prevent Diabetes Sioux County
(712) 737-2971