



You Can Prevent Type 2 Diabetes

1 out of 3 people has prediabetes.

84% of them don't know they have it.

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

The Blue Ridge Healthy U Diabetes Prevention Class:

Attend our monthly Diabetes Prevention class to learn what you can do to reduce your risk of Type 2 Diabetes If you have prediabetes or other risk factors for type 2 diabetes.

We will talk about improving food choices and increasing physical activity, to help you manage your weight. Small changes can cut your risk of developing type 2 diabetes in half.

We will also be providing a Prevent Diabetes 4 class series. This 4-part series will go into more depth focusing on lifestyle changes you can make to keep prediabetes from advancing to diabetes. We will meet each week for 4 consecutive weeks.

Please Call (540) 941-3537 to reserve your place.



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