

YOU CAN PREVENT OR DELAY TYPE 2 DIABETES.

Healthy snacks
& food prep.

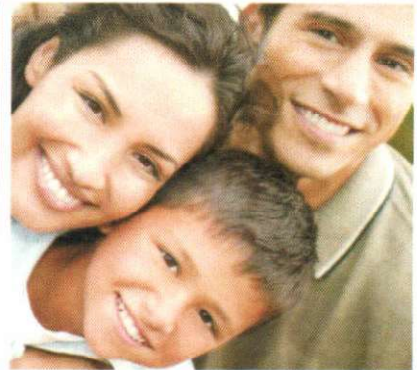
Join us!

FREE kick off event:

January 28th, 2019 5-7 pm

Zumba

@ the Cabell-Huntington Health Department



Sign up!

FREE Healthy lifestyle classes *in your community* teach skills to:

- increase activity level
- lower body weight
- improve food choices

PREVENT TYPE 2 DIABETES
CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NATIONAL PARTNERSHIP
COMMUNITY-BASED

1 in 3 American adults has prediabetes

90% of them don't know it!

Find out where you stand at DoIHavePrediabetes.org.

