



LIVE WELL

PREVENT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



Transform Your Health: Join Our Lifestyle Change Program

Gain access to all the information and tools you've ever needed to:

**Lose Weight, Eat Healthier, Manage Stress,
Build Lasting Habits, Stay Active & More!**

DHD#10's yearlong program is endorsed by the CDC as the National Diabetes Prevention Program (NDPP) and led by trained lifestyle coaches who provide support, motivation, and guidance. Transform your health with practical skills and a supportive community!

Ready to Make a Change?

**EARN
WELLNESS
INCENTIVES UP
TO \$250 IN
VALUE OVER
THE YEAR!**

For more information visit:

www.livewell4health.org/diabetes-prevention

*Scan me to join
our contact list*



For Questions

Contact:

preventdiabetes@dhd10.org



We're here to help you take the next step toward better health!