Are You at Risk for Diabetes?

Lower your odds by joining the

**Group Lifestyle Balance™**
National Diabetes Prevention Program

A year-long lifestyle change program based on the Diabetes Prevention Program, which proved that lifestyle changes can reduce the onset of diabetes by 58% by helping program participants

- Lose a minimum of 7% of body weight
- Increase physical activity to 150 minutes or more per week

Lifestyle coaches will work with participants by providing education, support, and tools to help them achieve their personal goals.

**LET’S GET STARTED!**

UMA Diabetes/Endocrine Center

will begin offering GLB classes January 16th in Athens! If you have prediabetes or believe you are at risk for diabetes, you may be eligible for this program. Call Karen Bailey, MS,RD,LD for more information. **(740) 566-4877**