



*A Healthier You...*  
**THIS SUMMER!**

## **Prediabetes Prevention Program**

*Start Date: June 8th, 2016*

*Time: 5:00 - 6:00pm*

*Where: Chamber of Commerce*

*HARC Business Park*

*420 E. German St, Herkimer*

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*Herkimer County HealthNet can help you achieve **BIG CHANGES** by making small steps. Our program helps you learn how to change your lifestyle to prevent or delay type 2 diabetes. Through the support of a trained lifestyle coach groups will meet weekly for 16 sessions followed by monthly support sessions for 6 months.*

- If *YOU* have pre-diabetes or are at risk you qualify for our **FREE** program!**
- Without intervention, **15% to 30%** of people with prediabetes will develop type 2 diabetes within **5** years.**

Sign up today, find out how to enroll by contacting:



**Herkimer County HealthNet:**  
**(315) 867-1552**

