

1 in 3 US adults has prediabetes and is at a high risk for developing Type 2 Diabetes

ARE YOU?

Take the [Prediabetes Risk Test](https://www.cdc.gov/diabetes/takethetest/) to find out!
<https://www.cdc.gov/diabetes/takethetest/>

The sooner you know your risk for prediabetes, the sooner you can take action to reverse it by joining the National Diabetes Prevention Program (NDPP)

The NDPP is a yearlong, evidence-based, lifestyle change program for those who have been diagnosed with prediabetes or are at high risk of developing diabetes. Participants learn the skills and tools to change eating habits, be more active, and lose a modest amount of weight in order to prevent or delay Type 2 diabetes.

Topics Include:



Next class begins:
Wednesday, October 11, 2023
from 10:00-11:00AM at
TrueNorth Community Services
(6308 S. Warner Avenue
Fremont, MI 49412)
If interested, contact Katie at
[231-674-5217](tel:231-674-5217) or khaner@dhd10.org