

PREVENT

# Diabetes



## LEARN HOW TO MANAGE PRE-DIABETES THROUGH HEALTHY EATING & PHYSICAL ACTIVITY!

Are you eligible for the program? Please check at least two of the following criteria:

- 18 years of age or older
- Have a BMI (Body Mass Index) of 25 or greater
- Be at high risk for developing Type 2 diabetes or have been diagnosed with prediabetes



**Contact Melissa Smith at**  
**[melissar.smith@lfchd.org](mailto:melissar.smith@lfchd.org) or 859-288-2473**  
**to get the web link.**

### When:

5:30 p.m.

Classes begin July 13;  
weekly for 6 months &  
monthly for 6 months.

### Where:

Online

A blue icon of a computer monitor with a keyboard below it. The monitor screen contains text.

ACCESS OUR CLASSES  
AT HOME, WORK, OR  
WHEREVER YOU HAVE  
INTERNET ACCESS.

