

# BEAT

# PREDIABETES

Making a Lifestyle  
Change is Hard  
...We Can Help

## KICKOFF EVENT

Do you worry about your **WEIGHT**?  
Do you wish you had more **ENERGY**?  
Are you afraid you may get **DIABETES**?  
Do you want to enjoy **LIFE** more?

You may be at risk for type 2 diabetes  
and may be eligible for this program if you:

- Are 45 years of age or older
- Have a family history of type 2 diabetes
- Are overweight
- Are not physically active
- Had gestational diabetes

Tuesday June 5<sup>th</sup>, 2018 at 5:30pm

Baker County Health Department

480 West Lowder Street Macclenny FL,  
32063

Phone: (904) 653-5246

Make a  
commitment  
to your health  
by signing up  
for the  
**DIABETES**  
PREVENTION  
PROGRAM