

Are you at Risk of Diabetes?

**You can prevent type 2 diabetes with
this lifestyle change program!**

*Join us for a **FREE** 16-week workshop series*

Who should attend? People who are at risk of diabetes.



Photo 2011 CDC/ Amanda Mills

**Workshop starts
Thursday March 31st 2016
4:00pm- 5:00 pm
WCA Hospital
207 Foote Ave Jamestown, N.Y. 14701**

You may be at risk if you:

- Had a baby weighing more than 9 pounds at birth OR had gestational diabetes during a past pregnancy
- Have a sister, brother or parent with diabetes
- Are overweight
- Get little to no exercise in a typical day
- Are 45 years of age or older
- If you're not sure if you're at risk or if you have pre-diabetes please contact your healthcare provider.

You can prevent type 2 diabetes!

The 16 core sessions are focused on the process of adopting lifestyle changes for healthy eating and physical activity. These sessions are designed to help participants develop lifelong skills for healthy living and reinforce step-by-step change. All participants work towards goals of losing 5-7% of their starting body weight, and reaching and maintain 150 minutes of moderate physical activity each week.

**Call Chautauqua County Health Network to register
716-338-0010 Ext. 1205**

