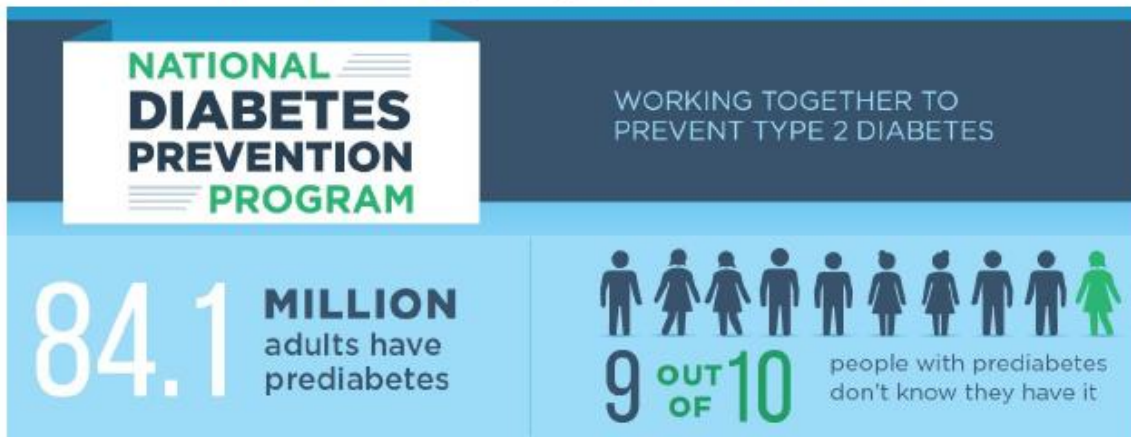




DIABETES PREVENTION PROGRAM



Do you have prediabetes with a Hemoglobin A1C between 5.7-6.4, fasting glucose between 100- 125 mg% or a history of gestational diabetes? You could qualify for the

Hy-Vee Diabetes Prevention Program.

Attend a FREE introductory session called Session Zero at Hy-Vee.

The session will be held on Wednesday, December 5, 2018 at 5:30 pm. To register see contacts below:

Hy-Vee
802 South Center Street
Jennifer Scales, RD, LD
641-752-4525
jscales@hy-vee.com

This is a CDC-led National Diabetes Prevention Program with evidence-based lifestyle changes (diet and exercise) for the prevention of Type 2 Diabetes. The program meets for 23 sessions, the first 16 sessions are held weekly. \$17.00 session or \$390.00.

Major goals are to lose 5-7% of your body weight and 150 minutes of activity/week.