

# Is this Program for you?

Check all that apply:

- I want to know more about my prediabetes
- I want healthy lifestyle tips to help delay or prevent type 2 diabetes
- I want to be healthier & understand carbohydrates and healthy fats
- I like a group class setting for sharing experiences and support
- I can commit to attending a 90-minute education session



## Prediabetes Program – Living a Healthy Lifestyle

### Program Highlights

*This program is led by the West Durham Family Health Team Dietitian and Nurse Practitioner.*

What is Prediabetes and how is it diagnosed?
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What are carbohydrates?
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Types of healthy fats
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Hunger and fullness cues
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Healthy blood sugar levels
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Lifestyle tips to prevent developing type two diabetes
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### Where Do I Sign Up?

If you feel this program is right for you, ask our staff for sign-up information. Or call Julie Hodgeman (905) 420-9999 ext.2681

Start dates are several times per year. Due to the nature of this program, space is limited. Although we cannot meet the needs of all patients, we will try to accommodate everyone.

