



Are you African American and at risk for diabetes?

JOIN A RESEARCH STUDY AND LEARN SKILLS & HABITS TO PREVENT DIABETES:

You may be eligible for this program if you are:

- ≥18 years old
- African American
- Overweight (body mass index ≥25)
- Have **NOT** been diagnosed with diabetes
- NOT** pregnant or planning on becoming pregnant in the next year

and meet **ONE** of the following:

- Diagnosed with **prediabetes**
- Previously diagnosed with **gestational diabetes**
- Have **high risk** result on Prediabetes Risk Test



LOSE WEIGHT



BE ACTIVE



EAT HEALTHY



MANAGE STRESS

Benefits of participating:

- Blood work** at no cost to you
- FREE** diabetes prevention classes
- Receive **support** from a lifestyle coach
- Bond** with others sharing the same goal

Interactive Sessions

Community Learning Settings

Make positive changes in YOUR life!

What happens when you join the program?

- Come to an initial assessment visit
- Attend evening group sessions on diabetes prevention over one year
- Attend 2 follow-up visits to see your progress
- Opportunity to earn a \$110.00 over the course of the study.

Contact us to learn more information:

Phone: (816) 404-8187

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