

Stop prediabetes  
in its tracks.

**I did.**



## In an [Towns] lifestyle change program

My family history means I have a higher risk of developing prediabetes and type 2 diabetes. Thankfully, there are a lot of good reasons to join the CDC-recognized lifestyle change program in your community—including a lot of real, meaningful benefits. Learn how to make small changes that can prevent prediabetes. It's worth it.

→ Get effective, evidence-based tools and tips

→ Work one-on-one with a trained lifestyle coach

→ Find online/in-person guidance and support

→ Reduce stress and improve your whole health

### [Program Name]

(XXX) XXX-XXXX

XX Street St.  
Town, Wisconsin  
XXXXX

[PreventDiabetesWI.org](https://PreventDiabetesWI.org)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

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