

# Get big support.

**Make  
small  
changes.**

Making small, healthy changes can lower your high blood sugar, reverse prediabetes, and prevent type 2 diabetes. But taking control of your health isn't always easy to do alone.

**Get support. Find a lifestyle change program near you at**

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