

# Diabetes Prevention Class

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. "Prevent Type 2 Diabetes" is part of a National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). The class features an approach that is proven to prevent or delay type 2 diabetes.

## Symptoms Placing Someone at Higher Risk for Diabetes

- Family History
- High Blood Pressure
- Age (Over 50)
- Low Physical Activity
- High BMI
- A1C Test Result of between 5.7 and 6.4

## Type 2 Diabetes Health Issues

- Heart Attack
- Stroke
- Blindness
- Kidney Failure
- Loss of toes, feet, or legs

ONE OF OUT THREE AMERICAN ADULTS HAVE PREDIABETES AND MOST OF THEM DO NOT KNOW IT!



THE SERIES BEGINS APRIL 3RD, 2024  
1:00 PM - 2:00 PM



ADAMS MEMORIAL HOSPITAL, CONFERENCE ROOM D  
1100 MERCER AVE / DECATUR, IN 46733

To register, please contact **Lisa McAfee,**  
**BSN, RN at 260-724-2145 ext. 11107**

