Join a Free Class Online!

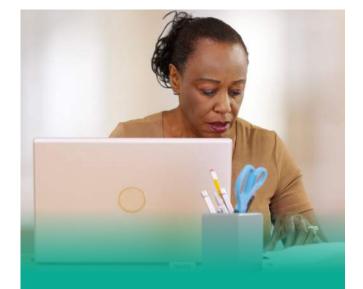




Visit: chicagolighthouse.org to learn more and enroll. Classes are starting in September.

The free Diabetes Prevention Program offers you:

- A yearlong coach to guide and encourage you
- Skills and information to lose weight, be more active and manage stress
- 🕎 Group support
- 🛗 Online meetings



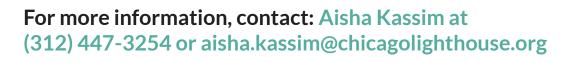
One in every three adults living in the U.S. has prediabetes and most don't know it—you could be one of them.

ARE YOU AT RISK?

You may have prediabetes if you:

- Are 45 or older
- Have had gestational diabetes
- Are overweight
- Are physically active less than 3 times a week
- Have a family history of type 2 diabetes









The Chicago Lighthouse for Chicago CARES to Prevent Diabetes is an initiative of the Chicago Department of Public Health and the Illinois Public Health Institute, funded by a co-operative agreement from the CDC, NCCDPHP, Division of Diabetes Translation.