





# Join a Free Class Online!

**Visit:** [chicagolighthouse.org](http://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



## ARE YOU AT RISK?

**You may have prediabetes if you:**

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



**For more information, contact:** [Aisha Kassim at \(312\) 447-3254 or aisha.kassim@chicagolighthouse.org](mailto:aisha.kassim@chicagolighthouse.org)