



**Why are men more likely than women
to get prediabetes?**

Belly fat.

Think you might be at risk?

PREVENT T2 DIABETES



Take the test:

www.cdc.gov/prediabetes/takethetest

Excess fat on a man is often stored in the belly whereas a woman's is more evenly distributed throughout her body. This puts men at a higher risk for many health problems including prediabetes and ultimately type 2 diabetes.

Learn to prevent or delay type 2 diabetes with proven, achievable lifestyle changes—such as losing a small amount of weight and getting more physically active. Register today for Prevent T2!

FREE 12-month program includes:

- tools to help you monitor your weight, blood pressure, nutrition and physical activity
- support from trained lifestyle coaches
- information on how to prepare the foods you love
- discovering how to get the most out of the physical activity you already get and how to get even more
- learning how to manage stress, stay motivated, and solve problems that can slow your progress

MEN'S PROGRAM details:

When: Tuesdays

Time: 6 pm - 7 pm

Where: Zoom® (link will be sent after registering)

Questions/Register: Call 800-515-0044



COMMUNITY OUTREACH AND HEALTH IMPROVEMENT



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