

If you are ready to make small changes and enjoy the benefits of a healthier, more energetic lifestyle...

THE FLORIDA DEPARTMENT OF HEALTH IN SEMINOLE COUNTY CAN HELP!



This is a year-long program with 16 weekly sessions followed by monthly maintenance. The trained lifestyle coach will provide tips and strategies to help participants prevent or delay the onset of diabetes.

CLASS DETAILS

- Free group classes.
- Lose 5-10% of your starting weight.
- Reduce your risk of developing type 2 diabetes.
- Learn how to eat healthy without giving up all the foods you love.



CLASS ELIGIBILITY

- Family history of type 2 diabetes.
- Overweight (body mass index ≥ 25).
- No previous diagnosis of type 1 or type 2 diabetes.
- If your health care provider has indicated you are at risk for diabetes or have pre-diabetes.
- At least 18 years old.



To register or for additional questions, please call (407) 665-3011.
For more information visit seminole.floridahealth.gov