



## Take Control of Your Health



### Improve Your Health Through Education & Activity

Diabetes Prevention  
(407) 665-3011

Diabetes Self-Management  
(407) 665-3339

The Florida Department of Health in Seminole County offers Diabetes Intervention Services including:

- Diabetes Prevention Program
- Diabetes Self-Management Program

These programs will improve access to diabetes education and prevention information for adults. Call us today to register and to learn about free cardio fitness class!



# Are you at risk for developing Type 2 Diabetes?



**If you are ready to make small changes and enjoy the benefits of a healthier and more energetic lifestyle... the Florida Department of Health in Seminole County can help!**

The Diabetes Prevention Program is a year long program with 16 weekly followed by monthly maintenance support classes.

## Topics include:



What is Prediabetes?



Healthy Eating



Being Active



Learn to Track Your Food



Learn to Cope With Triggers



Problem Solving and Reducing Risks



**New classes starting soon!**

**For more information or to register call (407) 665-3011.**