



Prediabetes: "Almost" DOES Count!

Are you at risk for developing Type 2 Diabetes?

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!

Free Informational Session on

Tuesday, March 3, 2020

11:30 a.m. - 12:30 p.m.

Florida Department of Health
in Seminole County
400 West Airport Boulevard
Sanford, Florida 32773

SERVICES

- Free Diabetes Screening
- Overview of Diabetes Services
- Topics covered include healthy eating and physical activity.
- Learn to track food.
- Problem solving and reducing risks.

RISK FACTORS

- 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.



To register or for additional questions, please contact Herronda Mortimer at Herronda.Mortimer@flhealth.gov or call (407) 665-3011.



For more information visit
<http://seminole.floridahealth.gov>