

# Your Healthier Future Starts Here



Join a community of friends and neighbors who are building healthy lives.

## Our Diabetes Prevention Program will help you



### Nourish

Eat foods you & your body will love.



### Move

Be physically active in free & easy ways.



### De-stress

Find balance when life gets hectic.



### Reset

Get back on track after setbacks.

## Designed to help you succeed



### Free

Free and low-cost options are available.



### Powerful

Small steps make big changes.



### Convenient

Meet close to home or online.



### Guided

Each group is led by a lifestyle coach.

**90% of people with prediabetes don't know they have it.**

Call our expert Diabetes Prevention Program navigators to see if you're at risk.



**Call 844-328-0021 to save your spot.**

Mon-Fri, 7am to 7pm ET

[DiabetesFreeNC.com](http://DiabetesFreeNC.com)