



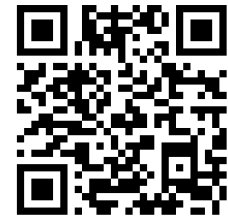
# REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

## Diabetes Prevention Program

**Type 2 Diabetes Is Preventable! About one in three American adults – 86 million people have prediabetes. Only 11% are aware of it.**

### About Our Program

The National Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health shows that Diabetes Prevention Programs can reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.



**Register today @**  
**[ahealthyfuturedpg.com](http://ahealthyfuturedpg.com)** or  
scan the QR code




**Kate Bailey, NBC-HWC, DPP Lifestyle Coach  
A Healthy Future Diabetes Prevention Group**  
Seeing the growing number of adults facing type 2 diabetes drives my passion to help others become the best version of themselves by taking care of their health. While guiding each group through the diabetes prevention program, I see participants put the program tools to work to develop healthier lifestyle habits and lower their risk of type 2 diabetes.

**TAKE THE RISK TEST**

## CLASS INFO

- ✓ Start date November 7, 2024
- ✓ Thursdays 6:15PM-7:15PM for 16 weekly sessions over 6 months, followed by 6 monthly maintenance sessions.
- ✓ No Cost for Qualifying Albany County Residents
- ✓ Classes will be held @ The Guilderland YMCA  
250 Winding Brook Drive Guilderland, NY 12084
- ✓ For more information, or to register contact:  
katebailey@ahealthyfuturedpg.com

 Daniel P. McCoy  
Albany County Executive

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**ALBANY COUNTY**  
*Cares* about our community