

It's time to take on prediabetes.

You're ready.
Make it real.

The National Diabetes Prevention Program lifestyle change program is designed for your success. You'll attend classes and work with a lifestyle coach to help you stay active, eat healthy and manage stress to achieve a diabetes-free future.

- Explore free or low-cost options
- Take small steps toward big changes
- Attend interactive, virtual classes

**Ask your doctor
how you can prevent
type 2 diabetes.**

DIABETES**FREE** NC

NC  MS
North Carolina Medical Society

AMA 
AMERICAN MEDICAL
ASSOCIATION

