

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. Over the course of a year, you'll work with a personal lifestyle coach on eating healthy, staying active, managing stress and overcoming setbacks on your journey to a diabetes-free future.

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

**Talk to your doctor
about type 2 diabetes
prevention today.**

DIABETES**FREE** NC

NC  MS
North Carolina Medical Society

AMA 
AMERICAN MEDICAL
ASSOCIATION