

YOU CAN MAKE A CHANGE FOR LIFE



**2019 Program begins
Tuesday, February 12, 2019
Class times being offered are:
8:00 am to 9:00am
12noon to 1:00pm
5:15pm to 6:15pm**

**At DHHS Building,
Conference Room, located at
38 Prescott Drive, Machias**

Classes are free; enrollment is required. For enrollment information or to learn more about the program, please contact:

Angela Fochesato at 255-3741, ext. 103 or angela@healthyacadia.org

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The Healthy Acadia Diabetes Prevention Lifestyle Change Program can help.

This free program is brought to you by:



Are you at risk for type 2 diabetes?

- Our CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes.



- This year-long program helps participants make real lifestyle changes such as eating healthier, including physical activity into daily living, and improving problem-solving and coping skills.
- Work with a trained lifestyle coach as part of a small group. In this supportive environment, you'll work together to make lasting lifestyle changes to prevent diabetes.
- Sessions meet weekly for approximately 16 weeks, gradually transitioning to once monthly for the remainder of the year.
- **Know your risk and take action. Talk to your doctor or health care provider about this program.**

Maine Cancer Foundation's grant is offered as part of their ongoing Challenge Cancer 2020 initiative, aimed at reducing cancer incidence and mortality 20% by 2020. They have awarded nearly \$9 million since 2015 in support of this initiative, focused on prevention, early detection and screening, and access to care for all Mainers. To learn more about Maine Cancer Foundation, visit mainecancer.org, or contact Kristen Smith, kristen@mainecancer.org, 207.773.2533.