



Please contact us at
info@diabetesyoucanwin.org or call
678-837-4024 or follow the link to
sign up linktr.ee/diabetesyoucanwin

- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like yourself as you learn new skills