









Diabetes "You Can Win"
Foundation, Inc. is providing
the CDC National Diabetes
Prevention Program
Virturally for free!

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



What to expect:

- 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