

**NEW!**

# Diabetes Prevention Program

## Group Lifestyle Balance Program

- Comprehensive research-based program to help prevent diabetes



### Program includes:

- Two coaches to support you throughout the program
- Nutrition guidance specific to your needs
- Physical activity and stress management led by qualified professionals
- Practical strategies to combat healthy lifestyle challenges
- Group discussions that help you learn from others
- NO COST !

If you have  
prediabetes, this  
program is for you.

Take this step to a  
healthier, active  
YOU !!

To register contact  
your doctor for a  
referral

For more  
information contact  
519-339-8949

First program begins  
April 2, 2019

460 Christina St., N.  
Sarnia



*Rapids*

Family Health Team