

# *Are you at risk for diabetes?*

# Join the Club!

## *If you:*

- Are at risk for getting diabetes
- Have a BMI (body mass index) >25
- Have prediabetes
- Have high blood sugar or glucose
- Had gestational diabetes

## *You should qualify to join this FREE Diabetes Prevention Program*

*In our lifestyle change program you will meet in a group with a lifestyle coach to work towards the goal of losing 5-7 percent of your bodyweight in order to reduce your risk for Type 2 Diabetes.*

*You're invited to an informational meeting  
about this life-changing program*

*Tuesday, April 17 | 11:30 a.m. - 1 p.m. OR 4:30-6 p.m.  
Teton Valley Hospital Conference room*

*For more info contact Julie Woolstenhulme, LPN  
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