



# HEALTHY TOGETHER

**1 in 3** people just like you  
may be at risk of type 2 diabetes

## DIABETES PREVENTION PROGRAM



### Would you like to:

- Lose weight and keep it off?
- Eat healthier meals and snacks?
- Increase physical activity in your life?
- Reduce your risk of type 2 diabetes?

### You are not alone!

Join our FREE Diabetes Prevention Program. A certified lifestyle coach and classmates offer help and support over the course of a year. All adults at risk of diabetes are welcome including people with physical, sensory and mild intellectual disabilities.



### Informational Session

**Jan. 9**

**3-4 pm**

VINE Adult  
Community Center

421 E. Hickory St. Mankato

Register at:

**(507) 386-5591**

Class begins in  
**February, 2020**

**Call for a consultation with a certified coach at  
507-386-5591 or visit [vinevolunteers.com](http://vinevolunteers.com).**

**JUNIPER**  
Your Health. Your Community.



**VINE**  
FAITH IN ACTION