

June 16, 2016

## FREE UPCOMING CLASS – NATIONAL DIABETES PREVENTION PROGRAM



**Contact:**

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**EUSTIS, FL** – The Florida Department of Health in Lake County (DOH-Lake) will be starting a second session of the National Diabetes Prevention Program starting:

**Thursday, June 23, from 10:00 am to 11:00 am**

Clermont Health Center

875 Oakley Seaver Drive, Clermont FL

The National Diabetes Prevention Program is a 12 month program that consists of 16 weekly one hour core sessions followed by 6 monthly follow-up sessions that provide tools to eat healthy, be more active and lose weight.

Pre-diabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as Type 2 Diabetes.

You may be at risk for Type 2 Diabetes if you:

- Are overweight
- Are 45 years of age or older
- Have a family history of Type 2 Diabetes
- Are physically active fewer than 3 times per week
- Had gestational diabetes or gave birth to a baby that weight more than 9 pounds.

To register or if you have any additional questions please call 352-589-6424 Option 3. See your doctor to get your blood sugar tested today.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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