

Are you interested in a FREE and proven lifestyle change program for eating healthy, being active, and preventing diabetes?

### Program details

- 16 weekly healthy eating & physical activity coaching sessions (every Wednesday)
- Then bi-weekly/monthly/quarterly maintenance sessions until program end

**2 new classes begin**

**Wed. October 19**

**Group 1 - 1 to 2pm**

**Group 2 - 530-630pm**



**Classes are conducted by LuAnn Duncan  
in a supportive group setting at the:**

**Do you meet any of  
these qualifications  
for the program?**

- 18 years or older
- Family history of diabetes
- Overweight
- Diagnosed with pre-diabetes
- A1c between 5.7-6.4

**Are you ready to  
commit to a more  
healthy lifestyle?  
Join us!**

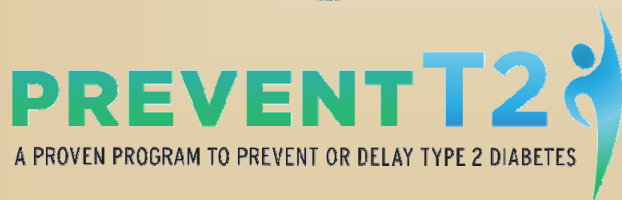
Sponsored by:



**UF/IFAS Extension Orange County**

**6021 S Conway Rd**

**Orlando, FL 32812**



*An Equal Opportunity Institution*

**Call or email to register:**

**Lizette Reyes**

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