



## Talk Me Healthy to Prevent Diabetes

- 8 - week course for those at risk or living with prediabetes
- Education, weekly lifestyle change goals and implementation in small achievable steps
- Coaching, accountability, group support, break- out sessions, activities
- **OUTCOMES:** Lower risks of Type 2 Diabetes by more than half; improve blood pressure, cholesterol, decrease risks heart disease, stroke; improve overall physical, emotional and brain health; lower risks covid-19 complications

### Course Details

Date: Tuesday, March 9, 2021 through Tuesday, April 27, 2021.

Location: Zoom

Time: 5:00 - 6:30 pm EST

Cost: \$497.00 (**Maybe** eligible for some reimbursement under Ins. health benefit)

To learn more about the course or to enroll click: <http://bit.ly/3j8FhZd>

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