

THE ROAD TO DIABETES PREVENTION

The Road to Diabetes Prevention is a **free self-paced online diabetes prevention program**

that may help you reduce risk or delay the development of type 2 diabetes. Learn about prediabetes, a condition where your blood sugar is higher than normal and what you can do to maintain a healthy blood sugar.

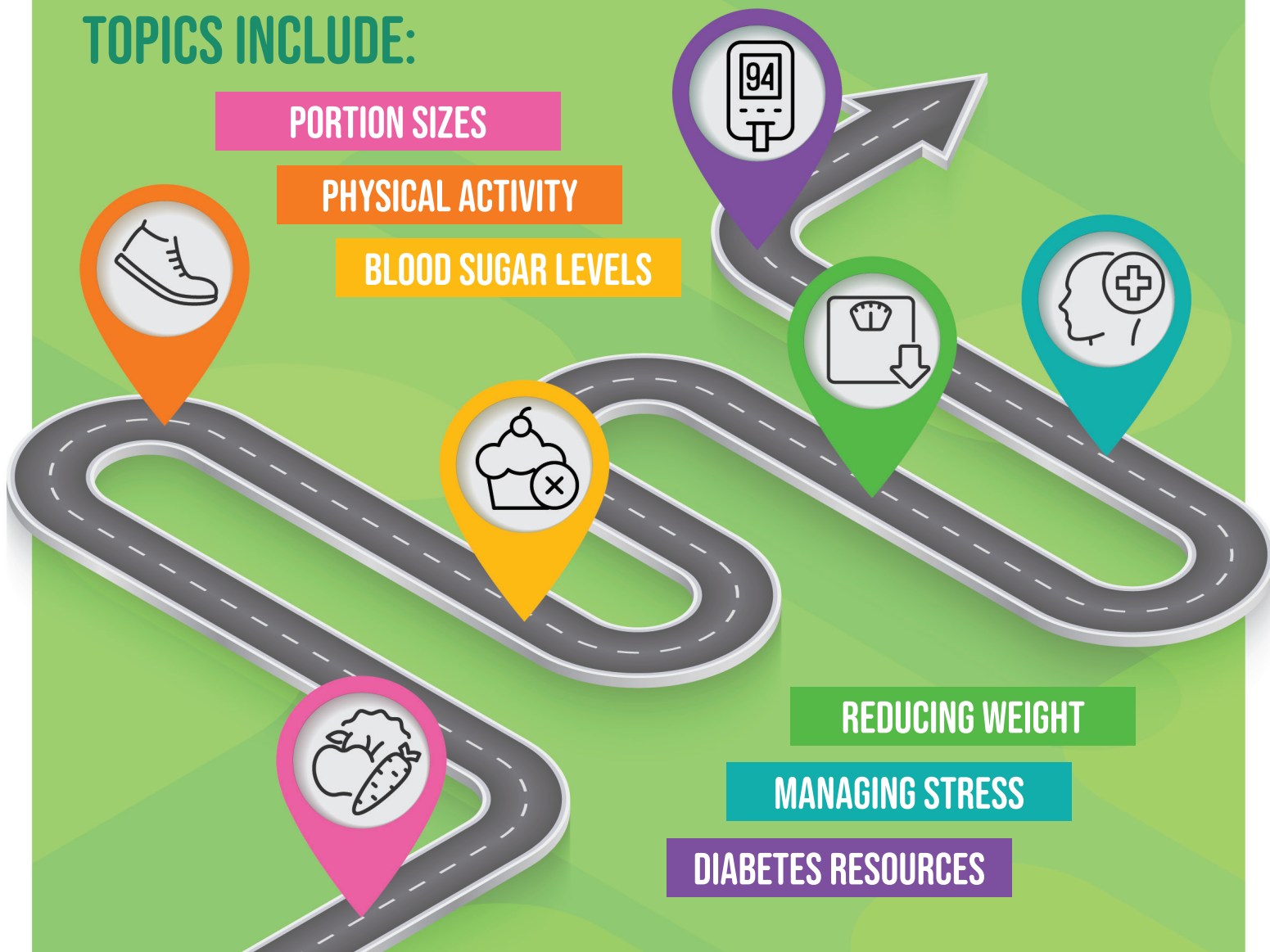


TOPICS INCLUDE:

PORTION SIZES

PHYSICAL ACTIVITY

BLOOD SUGAR LEVELS



SIGN UP TODAY!



www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

The program is for educational purposes and does not replace the advice of a doctor or healthcare provider.