Ask yourself:

SMALL **STEPS**FOR **BIG**CHANGES

- Are you inactive?
- Are you overweight?
- Do you have high blood pressure?
- Do you have a parent or a sibling with type 2 diabetes?

If you answered "YES" to any of these questions, you may be at risk for type 2 diabetes. We can help.

Let's move:

- Six one-on-one sessions
- Personalization for your unique health needs and lifestyle
- No cost at at select YMCAs nationwide

Fill out the survey to see if you're eligible or visit us at:



www.smallstepsforbigchanges.com

This promotion pamphlet is for recruitment into a UBC research study titled "Small Steps for Big Changes: Implementing an evidence-based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung), Version 1: June 24, 2025.

