

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 select YMCAs nationwide

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

www.smallstepsforbigchanges.com





SMALL STEPS FOR **BIG** CHANGES

TYPE 2 DIABETES PREVENTION PROGRAM

WWW.SMALLSTEPSFORBIGCHANGES.COM

