

Balanced Wellness



Presents

The CDC's Prevent T2 National Diabetes Prevention Program



Want to feel better? Be healthier?

If you have prediabetes or other risk factors for type2 diabetes, now is the time to make a ***CHANGE for LIFE*** – Balanced Wellness, LLC is here to help!

Join us for 16 weekly/bi-weekly online meetings then 6 online monthly follow-up meetings to help you maintain healthy lifestyle changes with a Trained Certified Health Educator and Wellness Coach. During the program, ongoing wellness coach support will help you to maintain healthy lifestyle changes.

Begins: January 9 & 11th, 2018

Weekly Video Meeting (2 Options): Tuesday 6:30pm, Thursday 9:00 am

Features:

- Access to online portal for food and activity tracking and meal plans
- Bi-weekly challenges the first six weeks (i.e. water challenge, fruit and vegetable challenge, activity challenge – winner receives gift card!)
- Monthly challenges for remainder of the program
- Everyone who completes the program gets a \$50 gift card



Make a change and be part of a group that will learn to eat healthy, add physical activity to your life, manage stress, and stay motivated to solve problems that can get in the way of health changes!

**For more information and to register please call
Balanced Wellness LLC, 502-716-7773 or info@BalancedWellnessKY.com**