

# BEFORE FAT PREDIABETES

You may be at risk for type 2 diabetes and may be eligible for this **FREE** program if you:

- Are 45 years of age or older
- Are not diagnosed with Type 1 or Type 2 diabetes
- Have a family history of type 2 diabetes
- Are overweight
- Are not physically active
- Had gestational diabetes

**Do you worry about your WEIGHT?  
Do you wish you had more ENERGY?  
Are you afraid you may get DIABETES?  
Do you want to enjoy LIFE more?**

Come to the informational session on:

Thursday, July 26<sup>th</sup> at 5:30pm

Union County Health Department

495 East Main Street

Lake Butler, FL, 32054



**FREE Prediabetes screening**

For more information: (904) 653-5246



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™

