

# LIFESTYLE CHANGE PROGRAM

A fun and engaging way to avoid & postpone type 2 Diabetes. Best of all... it's proven to work and ZERO cost to you!

**Open Enrollment Dates:**

- Tuesday, March 4th @ 11a-12p
- Tuesday, March 11th @ 11a-12p

**Official Launch Date:**

- Tuesday, March 18th @ 11a- 12p

***\*Bring your A1C or HbA1c results to qualify and discover if you're at risk of developing Type 2.*** Scan QR Code to Join List



## ABOUT THE PROGRAM

As part of a diabetes prevention program, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

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**START YOUR JOURNEY TODAY,  
Contact the Lifestyle Change Team**

Call: (760) 731-9187

Visit: [www.fallbrookhealth.org/lifestyle-change-program](http://www.fallbrookhealth.org/lifestyle-change-program)

## FEATURES



### Trained Lifestyle Coach

Your lifestyle coach is trained to be supportive & inspiring.



### Approved Curriculum

Approved by the CDC, this program lowers your risk of type 2 Diabetes by 58%. and 71% for people over 60 years old.



### Year-long Program

Weekly for 6 months, then 1-2 a month.