

LIFESTYLE CHANGE PROGRAM

COMES TO FALLBROOK

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



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.

START YOUR JOURNEY TODAY,
Contact the Lifestyle Change Team

(760)731-9187

or

bheyding@fallbrookhealth.org

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.