

# DIABETES HEALTH AND WELLNESS INSTITUTE



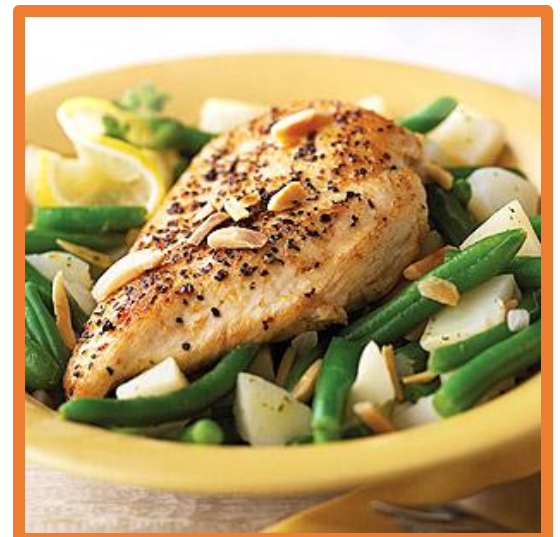
## Healthy Eating & Exercise Lifestyle Program

### DO YOU HAVE . . .

- Weight to lose?
- Family members with diabetes?
- High blood pressure?
- High cholesterol?
- Pre-diabetes?
- A desire to prevent diabetes?

Sign up now for 16 weekly classes including:

- Weight loss
- Healthy eating
- Exercise
- Stress management
- Individual health coach



And 8 months of follow-up support!

For information call:  
Kati Konersman (214) 915-3282  
4500 Spring Ave. Dallas, TX 75210



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DIABETES HEALTH AND WELLNESS INSTITUTE  
AT JUANITA J. CRAFT RECREATION CENTER

## *Frequently Asked Questions*

**Who is eligible for this program?** This program is made for people who have “pre-diabetes” or are at risk of developing type 2 diabetes. Pre-diabetes is when the blood sugar is a little high (borderline) but not high enough to have diabetes.

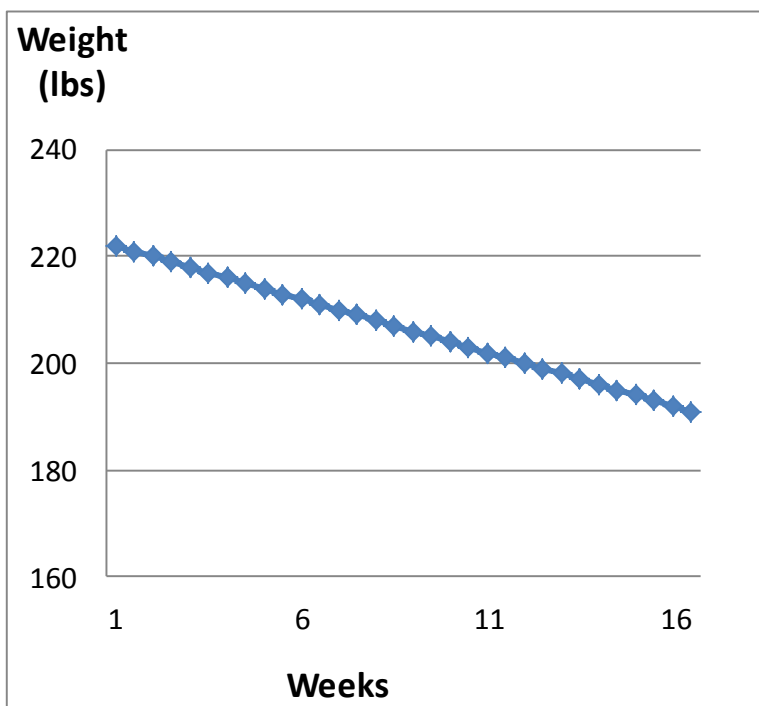
**What will I get out of participating in this program?** This program will give you the tools that you need to lose weight, be more physically active, manage stress and create healthy habits. The main goal of the program is to help you prevent or delay diabetes.

**How long is the program?** The program meets for 16 weekly classes, then meets once a month for 8 months.

**Do I have to pay for anything?** This is a free program for those who are at risk of getting diabetes or have been told that they have pre-diabetes.

**Will there be child care?** Not at this time.

## *Healthy Eating & Physical Activity Helps to Lose Weight*



### **HELP participants say:**

*“It works! HELP health coaches teach and equip you with what you need to succeed!”*

*“I learned that no food is forbidden.”*

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