



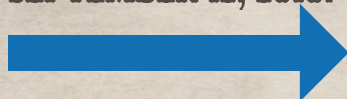
ARE YOU AT RISK FOR DIABETES?

HAYWOOD COUNTY

has a diabetes prevention program that can help you make the lifestyle changes that will prevent type 2 diabetes.



**THE PROGRAM STARTS
SEPTEMBER 12, 2016.**



The program consists of group classes and individual support sessions with a trained Lifestyle Coach. Participants will learn how to:

- Maintain a healthy weight
- Prepare simple, healthy meals
- Find time to be physically active



If you're interested in joining, contact:

Healthy Haywood

Contact Name: **Megan Hauser**

Email address: **mhauser@haywoodnc.net**

Phone number: **828.356.2272**

Web: **healthyhaywood.com**

MOUNTAINwise.org