

# ARE YOU **AT RISK** FOR DEVELOPING TYPE 2 DIABETES?

Diabetes Prevention Program  
Begins **Monday, April 30**, at  
St. Luke's Hospital

- > Sessions begin Monday, April 30, at 10:30 a.m. in St. Luke's Hospital classroom
- > A year-long commitment
- > Anyone over 18 may participate
- > Sessions are one hour
- > The program is FREE
- > Weekly meetings for the first 16 weeks

*\* This is NOT a program for those who have been DIAGNOSED with Type 1 or Type 2 diabetes.*



**SPACE IS LIMITED  
REGISTER NOW  
828.894.0824**

101 Hospital Drive  
Columbus, NC 28722  
SaintLukesHospital.com

