



LIVE A HEALTHY LIFE & PREVENT DIABETES

*WITH JUST A FEW
SMALL CHANGES*

JOIN OUR LIFESTYLE CHANGE PROGRAM TODAY!

- Evidence-based program to prevent or delay type 2 diabetes
- Focuses on healthy eating, stress management, and physical activity
- Lose **5-7%** of your current body weight

TO ENROLL:

515-635-1285

INFO@IACOMMUNITYHUB.ORG

**IN-PERSON AND VIRTUAL
OPTIONS AVAILABLE**

