



## Why Do I Need HALT Diabetes?

My family means the world to me. When I get home from work, I **want to spend as much time with them as possible.**

When my provider told me I had **prediabetes**, I knew I needed to make **preventing diabetes** a priority.

I joined the HALT Diabetes Prevention Program and learned how to make lifestyle changes online, on my own time.

**The HALT Diabetes Prevention Program can help you lose weight, become more physically active, and reduce stress**

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CALL OR EMAIL US TODAY

515-635-1285 : [INFO@CHPCOMMUNITY.ORG](mailto:INFO@CHPCOMMUNITY.ORG)

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**HALT**  
diabetes  
Health And Lifestyle Training