



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

CALL OR EMAIL US TODAY

515-635-1285 : INFO@CHPCOMMUNITY.ORG

HALT
diabetes
Health And Lifestyle Training