

# NOVEMBER IS... DIABETES AWARENESS MONTH

## What Central Health Offers:

### DIABETES PREVENTION PROGRAM & DIABETES EDUCATION PROGRAM

- Classes to prevent or manage diabetes
- Guided by trained health professionals
- Learn ways to:
  - Eat healthy
  - Stay motivated
  - Be active
  - Change your lifestyle
  - Lose weight

We accept patient referrals to our Diabetes Prevention Program and Diabetes Education Program.

Call us at 1.866.314.2427  
TTY/TDD: (888)205-7671

Our business hours are 7 days a week from 8:00am to 8:00pm (PT)

## DID YOU KNOW...

- 1 IN 10 AMERICANS HAVE DIABETES
- 1 IN 3 AMERICAN HAVE PREDIABETES
  - MORE THAN 8 IN 10 ADULTS DON'T KNOW THEY HAVE PREDIABETES

## HOWEVER...

- DIABETES PREVENTION PROGRAMS LOWER RISK BY 58%
- DIABETES EDUCATION PREVENTS SERIOUS AND COSTLY COMPLICATIONS

