

**88 million
Americans have
Prediabetes.
DO YOU?**

HEALTH



Lifestyle Change Matters

- FREE Introductory Class on **Tuesday, May 24, 2022 at 5:30 pm**
- Refreshments provided
- Introductory Class at Four Corners Health Dept., 2101 N Lincoln Ave., York

WHEN:

Meeting location, date and time for the 22+ sessions to be determined. Classes tentatively starting in June and will last for a period of 12 months.

WHERE:

Location of classes to be determined by participant consensus

COST:

\$18.00 per class session
Total cost (with 25% discount when paid in full at first session) = \$297.00 for 22+ sessions.
Additional discounts may apply. Check your health insurance for possible coverage.

For more information contact:

Sara Kettelhake, Health Educator
Four Corners Health Department
2101 North Lincoln Avenue, York, NE 68467
402-362-2621

Brenda Kowalski, RD, LMNT
Clinical Dietitian/Live Well Coordinator - York General
2222 N Lincoln Avenue, York, NE 68467
402-362-0434

IN THIS CLASS

YOU WILL LEARN TO:

BE ACTIVE



EAT HEALTHY

PROBLEM SOLVE



SELF MONITOR

CHANGE YOUR LIFESTYLE



REDUCE RISK FACTORS

Space is limited. Register today.

