



Smart Moves

MY LIFE, MY HEALTH

Classes Starting Soon
Please Call

Focused on individuals with
prediabetes or risk factors
for type 2 diabetes

Lifestyle change program of
the National Diabetes
Prevention Program

Weekly classes led by
lifestyle coaches.
Coaches work with a group
of participants to adopt
healthy lifestyles that
include:

Mondays 5:30-6:30 p.m.
16 week program with
ongoing support for 1 year

Minimal fee
Cost assistance is
available

Evidence-based
Program

- Healthy Eating
- Physical Activity
- Lifelong skills

Incentives to keep
you motivated

Stop diabetes before it stops you!

For more information contact South Heartland District Health
Department at 402-462-6211 or 877-238-7595

