

Register today for Lifestyle Balance

A FREE, 10-month National Diabetes Prevention Program
Offered by San Juan Regional Medical Center



Lifestyle Balance Program Quick Facts

1 in 3
American adults is at risk for pre-diabetes.
Are you? Know the risk factors:

- Family history of Type 2 diabetes
- Overweight
- 45 years of age or older
- Physically active less than 3 times a week
- History of gestational diabetes or gave birth to a baby weighing 9 pounds or more

Lifestyle Balance is scientifically proven to prevent or delay the onset of Type 2 diabetes

- Discover how to lose weight through healthy eating
- Learn to live an active lifestyle
- Work with a Registered Dietitian and Lifestyle Coach
- Create lifelong habits to control your blood glucose
- Benefit through peer support

Classes begin in February
To **register** or for more **information**
visit fullengagementtraining.com
or call 505.609.2176



801 West Maple Street | Farmington, New Mexico 87401 | 505.609.2000