



Take Charge Of Your Health

ARE YOU AT RISK FOR TYPE 2 DIABETES?

JOIN THE MEDICARE DIABETES PREVENTION PROGRAM. FREE WITH MEDICARE PART B

Who Can Join?

You may qualify if you:

- Are 65 years or older
- Have Medicare Part B
- Have a BMI of 25 or higher (Overweight)
- Have A1c levels between 5.7 and 6.4
- Score 5 or higher on the Prediabetes Risk Assessment

What's In It For You?

- Guidance from a trained lifestyle coach
- Simple tools to help you eat healthier without giving up your favorite foods
- Fun ways to stay active & reduce stress
- Support from others with similar goals
- Giveaways & rewards for participation
- A welcoming group that offers motivation and accountability

**SESSION ONE BEGINS WEDNESDAY, SEPTEMBER 2ND, 2026
FROM 10:00 – 11:00 AM.**



Get Started Today!

Call us at (301) 856-9643

Email: wellnessinfo@co.pg.md.us

Take the risk test today:

<https://www.cdc.gov/prediabetes/risktest/index.html>

