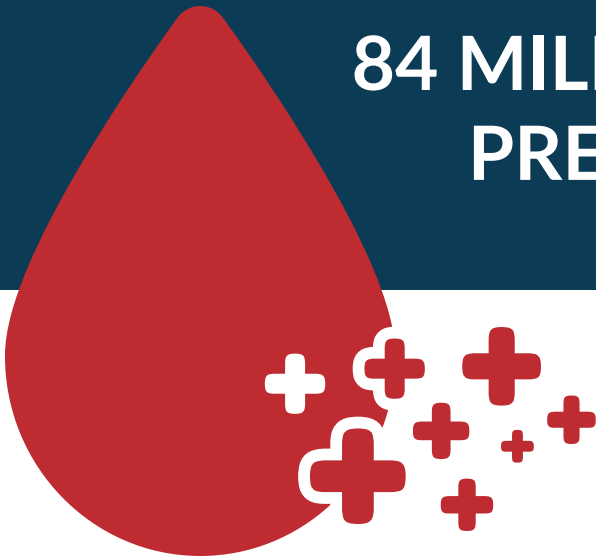


# 84 MILLION AMERICANS HAVE PREDIABETES. DO YOU?



**Pre-diabetes often has NO SYMPTOMS;** it PUTS YOU at higher risk for developing type 2 diabetes, stroke, and heart disease. But the great news is that **Pre-diabetes can be REVERSED!**

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Our programs are accredited by the American Diabetes Association for Diabetes Self-Management Education and recognized by The National Diabetes Prevention Program for Diabetes Prevention.

**Call Laurel Mason, RN, Diabetes Education Coordinator, Certified Lifestyle Coach for Diabetes Prevention, for more information at 618-662-8039.**

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