

GrapeVine Unit

Preventing Type 2 Diabetes

FREE

Did you know that more than 1 in 3 people have prediabetes? If left unaddressed, prediabetes can develop into type 2 diabetes, which is a serious condition! Think of prediabetes as your window of time to take action and prevent further health complications. In this one-hour session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.

The session will cover:

- Prediabetes
- Identifying your individual prediabetes risk
- How diabetes affects the body
- Symptoms and complications of diabetes
- Screening tests
- How to reduce your risk (exercise, nutrition and stress management)
- Where to find more information and resources

Handouts on the topic and a small gift will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation