

Tuesday health Series

Diabetes Prevention

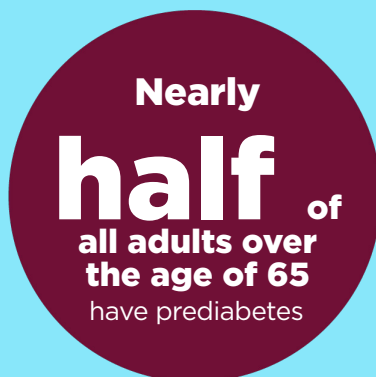
Program

**YOU HAVE THE POWER
TO LIVE YOUR BEST LIFE**



SENIOR CENTER, INC

**PREDIABETES
CAN LEAD TO
TYPE 2
DIABETES**

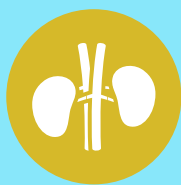


Prediabetes means your **blood sugar levels are higher than normal**, but not high enough to be diagnosed as type 2 diabetes.

That means you could develop other serious health conditions, including:



BLINDNESS



**KIDNEY
FAILURE**



**HEART
DISEASE**



STROKE



**LOSS OF
TOES, FEET,
OR LEGS**

**Average medical
costs** for people
diagnosed with
type 2 diabetes are

2x higher
than for those without
type 2 diabetes.

By learning more about prediabetes and making healthy changes, you can reduce your risk of type 2 diabetes, heart disease, and stroke.

Program provided by a registered nurse with Care First Education and offered to all center members free of charge.

**For more information contact
Stewartstown Area Senior Center
(717) 993-3488**



Care First Education

PREVENT T2