

A diabetes-free life is within reach.



FREE PROGRAM

North Carolinians only pay \$30
and receive ALL \$30 back for
meeting attendance and tracking
requirements (a \$430 value).

During the 12-month ONLINE program you will:

Attend live,
interactive classes
online from your
home or office
computer

Receive
weekly support
from your
instructor, a
trained lifestyle
coach

Connect
with others
working on the
same goals
as you

Learn
ways to
manage
stress

Overcome
barriers to
healthy eating
and physical
activity

See the program's **TIMELINE**
and **CLASS TITLES** on the back. →

For class times and to register for an upcoming class, go to: esmmpreventdiabetes.com



NC STATE UNIVERSITY



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

SUPPORTED BY

