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GILEAD
INC.

SOUTHEAST
DIABETES
FAITH
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Prediabetes Can Lead to Type 2 Diabetes

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Take Charge of Your Health

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The **Southeast Diabetes Faith Initiative (SDFI)** uses the Centers of Disease Control's (CDC) Prevent T2 lifestyle intervention, which is designed to help you make lasting changes to reduce your risk of type 2 diabetes. The lifestyle changes you make with the Southeast Diabetes Faith Initiative will help you prevent or delay type 2 diabetes.

With SDFI you get:

- x Prevent T2 curriculum, developed by CDC
- x The skills you need to lose weight, be more physically active, and manage stress
- x A trained lifestyle coach to guide and encourage you
- x Support from other participants with the same goals as you
- x 16 weekly sessions
- x 6 monthly follow-up sessions to help you
- x It only costs your commitment to yourself

Tear off the form below and give is to the receptionist:

Contact me with information on **SOUTHEAST DIABETES FAITH INITIATIVE:**

Name _____

Address _____

City, ST Zip _____

Phone _____

Email _____



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