

# It's time to take on prediabetes.

You're ready.  
**Make it real.**

The National Diabetes Prevention Program lifestyle change program is designed for your success. You'll attend classes and work with a lifestyle coach to help you stay active, eat healthy and manage stress to achieve a diabetes-free future.

- Explore free or low-cost options
- Take small steps toward big changes
- Attend interactive, virtual classes

**Ask your doctor  
how you can prevent  
type 2 diabetes.**

DIABETES**FREE** NC

NC  MS  
North Carolina Medical Society

AMA   
AMERICAN MEDICAL  
ASSOCIATION

