



Are You Concerned About Developing Diabetes?

Join Our Diabetes Prevention Program - Group Lifestyle Balance

You may have pre-diabetes and be at risk for Type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes during pregnancy or your baby weighed more than 9 pounds.

Group Lifestyle Balance at Hartzell's, led by our pharmacists, is for anyone at risk for type 2 diabetes. The goals for participants are to: 1) Lose a minimum of 7% of body weight and 2) Increase physical activity to a minimum of 150 minutes weekly.

Participants will:

- Take part in a lifestyle change program to help prevent diabetes and lower risk for heart disease.
- Learn about healthy eating to safely lose weight.
- Slowly and safely increase physical activity.
- Learn how to problem solve and stay motivated.

For information about schedules for upcoming classes and cost, please contact Hartzell's at 610-264-5471 or complete the form below to pre-enroll. One of our staff members at Hartzell's will contact you.

Name: _____

DOB: _____

Phone Number: _____

Email: _____

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