



**CHANGE YOUR LIFE AND AVOID  
DIABETES!!!**

**LEHB DIABETES PREVENTION PROGRAMS**

**HAVE YOU BEEN TOLD YOU'RE  
"BORDERLINE OR PRE-DIABETIC?"**

**More than 84 million US adults - that's 1 in 3 -  
have pre-diabetes.**

**People with pre-diabetes are at high risk for  
type 2 diabetes.**

**LEHB IS NOW ENROLLING FOR THE YEAR LONG  
DIABETES PREVENTION LIFESTYLE CHANGE  
PROGRAM.**

**INFORMATION SESSION: AUGUST 27, 2018 AT  
4:00 P.M. at LEHB 2233 SPRING GARDEN**

**TO ENROLL OR FOR MORE INFORMATION:**

**CONTACT LEHB AT 215-863-8290 EXT 216 OR 211**

**OR 267-273-3379**