

GET A **JUMP** ON DIABETES!

A Game Plan for Older Adults to Prevent Diabetes

www.GetAJumpOnDiabetes.org

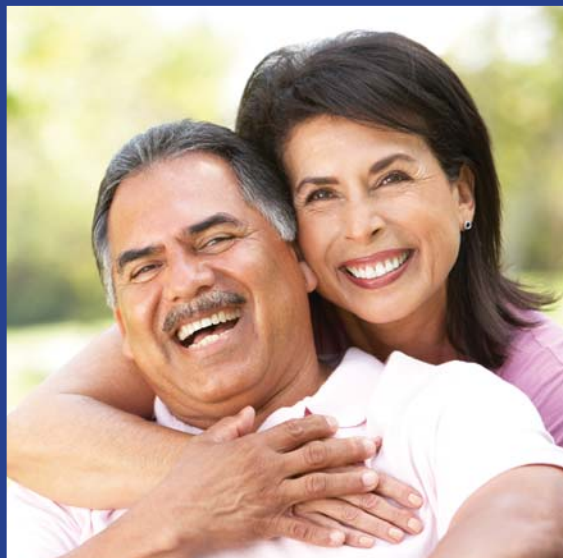


Are you 65 or older and at risk for diabetes? You may be eligible for a scholarship to a program that has been proven to reduce the risk for type 2 diabetes.

Team up with a trained lifestyle coach and other older adults like you to learn healthy eating habits and ways to increase physical activity. Make simple lifestyle changes to prevent type 2 diabetes.

Free to Participate!

Through the Get a Jump on Diabetes campaign in Atlanta, the first 200 adults age 65 or older who qualify, may participate in the program for free.



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