



**INDEPENDENT LIVING CENTER
OF THE
HUDSON VALLEY
INVITES GREENE COUNTY
RESIDENTS TO ENROLL IN ITS**

**Diabetes Prevention Program
*“Prevent Type 2 For All”***

FOR GREENE COUNTY RESIDENTS, A FULLY ACCESSIBLE PROGRAM DESIGNED FOR ALL ADULTS AGE 18+, WHO ARE OR MIGHT BE PRE-DIABETIC (OR AT RISK!) ...

- **84 MILLION** Americans have pre-diabetes,
- Your risk increases if you are a man,
- Have a family history of diabetes,
- Have high blood pressure,
- Are inactive,
- Overweight,
- Are age 45 +

**Hudson Valley and Mountain Top-Groups— Enrollment Now Open
Starting In September**

**Call for more info
Or to register:
Patricia Carson
Lifestyle Coach
(518) 828-4886 X103**

**Take the YouTube Pre-Diabetes
with Puppies
Quiz Here!!**



<https://youtu.be/9HhZt29SEkM>