



**UF** UNIVERSITY of  
**FLORIDA**  
IFAS Extension

  
**SEMINOLE COUNTY**  
FLORIDA'S NATURAL CHOICE

Leisure Services Department **Extension Services**



# Diabetes Prevention Program

**Tuesdays, starting Sept. 15th • 10 a.m. to 11 a.m.**

**Cost: \$50**

**Registration link:** <https://eventbrite.com/event/18073736031>

## **UF/IFAS Seminole County Extension**

250 W. County Home Rd. Sanford, FL

### **Who qualifies for the program?**

**18 years or older, overweight, diagnosed with prediabetes**

*This program helps you learn ways to change your lifestyle and improve your health. Participants meet in a group setting and learn how to make modest lifestyle changes to prevent diabetes. Groups meet weekly for 16 weeks and then monthly for six sessions.*



**For more info, contact: Andrea Likens R.D., Extension Agent • UF/IFAS Seminole County Extension  
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