



Weight Loss & Prediabetes Program

Participants Needed

16 weeks & no cost

You will get:

- ✓ Weekly coaching
- ✓ Body composition assessment
- ✓ Lab work to assess diabetes and heart disease risk

Eligible if:

- ✓ Diagnosed with Prediabetes (A1C 5.7–6.4%)
- ✓ Aged 18–75 years
- ✓ Overweight/Obese BMI
- ✓ Physical Disability or Mobility Limitation



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