



SO, YOU'RE READY FOR BETTER HEALTH?

Congratulations!

Deciding to improve your health is an important — and smart — decision. After all, there really is no downside... you'll:

- feel better and have more energy
- dramatically reduce your risk of developing diabetes, heart disease, stroke, kidney and liver disease, Alzheimer's disease, and loss of limbs
- avoid costly medical visits and treatments



DON'T KNOW WHERE TO START?

We do.

Join us for a free or low-cost lifestyle change program. It is led by a specially trained lifestyle coach who will support you and your peers as you work to achieve similar goals. It supports you in:

- eating healthier
- increasing your physical activity
- losing weight
- reducing your risk of type 2 diabetes

It follows a curriculum approved by the Rhode Island Department of Health (RIDOH) and Centers for Disease Control and Prevention (CDC).

Virtual options are available.



Three of RI's lifestyle coaches (left to right): Felix Colon, Rosa Roman, Cindy Graves



PROGRAM CORE:

MEET ONCE A WEEK FOR 16 WEEKS

Develop new skills, set and meet goals, and find the motivation you need to succeed.

You learn how to:

- eat healthy without giving up all the foods you love
- add physical activity to your life, even if you think you don't have time
- deal with stress
- get back on track (because we all slip now and then)



CONTINUING SUPPORT:

MEET BIWEEKLY, THEN MONTHLY

Reconnect with your coach and peer group. Share successes and reenergize your own efforts to give yourself the best chance for success.



SMALL STEPS LEAD TO

big changes.



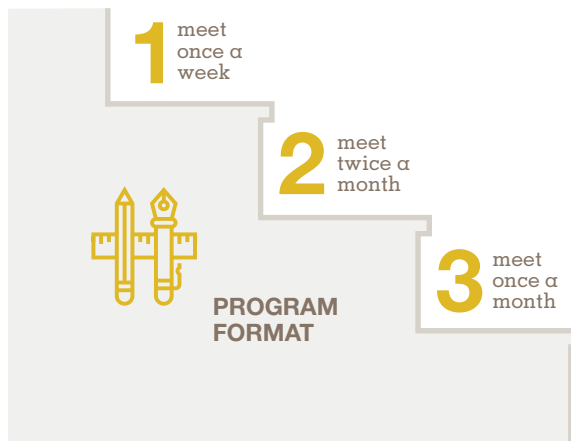
LOSING JUST 5-7% OF YOUR BODY WEIGHT can decrease your chance of developing diabetes by 58%.



WHEN YOU REDUCE YOUR RISK OF DIABETES, you also reduce your risk of heart disease, heart attack, and stroke.



150 MINUTES OF ACTIVITY EACH WEEK is all the exercise you need to start being healthier.



YOU'RE NOT ALONE.

Can you change by yourself? Maybe — but you don't have to. Your lifestyle coach and other group members are here to help you succeed. Think you're not a "group" person? Give it a chance — you'll learn a lot from one another and get much more out of the program when you fully participate.



HOW WOULD HEALTHIER LIVING CHANGE *YOUR* LIFE?

The answer is different for everyone — and that’s what makes this a successful program. Your lifestyle coach personalizes the sessions to match your interests and needs.

You learn about:

- how to prepare affordable and healthy versions of your favorite foods
- tips for eating healthy during holidays
- fun local events that can keep you physically active
- ways to address your specific concerns



YOUR HEALTH AFFECTS MORE THAN YOU.

Improving your health can also improve life for those around you. So don’t just do it for you; do it for the ones you love.



LET’S GET STARTED.

Many Rhode Islanders are already following this program to achieve their healthy lifestyle goals. Why not join them? Space is limited, so contact us now to enroll in an upcoming program near you.

CALL 401-432-7217

EMAIL CommunityHealthNetwork@RIPIN.org

VISIT health.ri.gov/diabetes-prevention

Virtual options and assistance with transportation, child care, or other supportive services may be available.



ONE IN THREE RHODE ISLANDERS HAS PREDIABETES, AND MOST DON’T EVEN KNOW IT.

Are you one of them? By taking control of your health now, you can reverse this condition and minimize your risk of suffering the worst outcomes of diabetes — like blindness, kidney failure, or loss of limbs.



Community Health Network



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Not sure how to achieve better health?

We can help.



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