

IN HAWAI'I, 442,000 PEOPLE HAVE PREDIABETES.



You Can Prevent Type 2 Diabetes

with the
PreventT2 Program

STARTING September 23, 2022!

Call or email us today!

808.348.7670

programs@kidneyhi.org



Welcoming UHA Members!

Aloha Mai Kakou!

If you have prediabetes, join us to learn how to adapt to a healthier lifestyle. Our **Certified Lifestyle Coaches** will support you in your journey.

- Over the course of one year, you will attend 22-25 sessions.
- Topics include: eating healthier, adding physical activity on a time crunch, coping with stress, managing life challenges, and getting back on track.
- To find out if you are eligible to participate, call 808.348.7670 or email programs@kidneyhi.org.

**NATIONAL KIDNEY
FOUNDATION OF HAWAI'I**

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Research has found you can lower your risk of developing type 2 diabetes by as much as 58% for adults, and 71% if you are 60 years or older through programs such as the Diabetes Prevention Program.