

THE ADRC of RACINE COUNTY IS OFFERING A
FREE WELLNESS INITIATIVE

You CAN prevent diabetes.
Eat Smart, Move More,
Prevent Diabetes can help.



NEW SERIES STARTS SOON - SIGN UP TODAY



During the 12-month **FREE** ONLINE program you will:

- Attend live, interactive classes online from your computer or mobile device.
- Receive weekly support from your instructor, a trained lifestyle coach.
- Connect with others working on the same goals as you.
- Learn ways to manage stress.
- Overcome barriers to healthy eating and physical activity.

- Please indicate if Internet service is a barrier. **FREE** Hot Spots are available.

To register, please contact Taylor Scherer at taylor.scherer@racinecounty.com

All participants must be over 60+ years of age.

esmmpreventdiabetes.com