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**Diabetes Prevention Program**

*Learn how to prevent or delay Type 2 Diabetes*

(Fort Myers, Fla. - Mar. 15, 2010) --- Have you been told that you have Prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

Lee Health is pleased to announce a free program designed to help you make modest lifestyle changes and cut your risk of Type 2 Diabetes by more than half. This year-long program with weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent Type 2 Diabetes. Learn about the benefits of physical activity; manage symptoms of stress, make smarter decisions related to healthy eating, and tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

**Our next program will be held on Mondays, beginning on April 29th from 6-7pm at the Healthy Life Center in Estero. Registration is required.**

Seating is limited and registration is required. Please call 239-424-3127 if calling from Fort Myers/Cape Coral area or 239-468-0051 if calling from the Estero/Bonita Springs area for more information.

**About Lee Health**

*Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A non-profit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Formerly known as*

*Lee Memorial Health System, the organization began its second century of service with a new name in 2016. Learn more at [www.LeeHealth.org](http://www.LeeHealth.org).*