TAKE CONTROL OF
YOUR WEIGHT AND YOUR WELLNESS

1 IN 3 ADULTS HAS PREDIABETES

• Reduce your risk of developing type 2 diabetes
• Protect your eyesight
• Your insurance may cover this 12-month lifestyle changing program

SIGHTCENTERNWPA.ORG
NATIONAL DIABETES PREVENTION PROGRAM

Diabetes is the leading cause of severe vision loss, heart disease and disability in people of all ages. Are you at risk?

• Are you 18 years of age or older?
• Do you have a family history of type 2 diabetes?
• Are you struggling to lose weight or maintain a healthy weight?

Program Highlights

• 16 weekly, 1 hour sessions
• Nutrition counseling
• Program handbook and incentives
• 6 monthly maintenance meetings

Call the Sight Center to learn more about Diabetes Prevention!

814-455-0995

2545 WEST 26TH STREET
ERIE, PA 16506
SIGHTCENTERNWPA.ORG