

PREDIABETES

COULD IT
BE YOU?



86
MILLION

86 million American adults—more than 1 out of 3—have prediabetes



9 OUT OF 10

people with prediabetes do not know they have it

Learn how you can cut your risk of getting
type 2 diabetes in

HALF



Tuesday, March 12th, 1-3 pm OR April 2nd, 6-8 pm

Madison County Cooperative Extension Service

230 Duncannon Lane, Richmond, KY

Call **859-623-4072** for more information and
to register for the class.



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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LEXINGTON, KY 40546

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