



Central Plains Area Agency on Aging

Next class starts July 12th!



HALT

diabetes

Health And Lifestyle Training



Anytime/Anywhere

Participants can complete lessons at their own pace. The program can be easily accessed through smart phone, desktop or tablet.



Community

Participants are assigned their own Lifestyle Coach to help support them in their journey. They are also grouped into communities to give and receive support and encouragement.



Easy Tracking

Participants can track their exercise, food and drink intake giving them great visual accountability. They can also track mood, hunger-levels and portion of meal consumed.

Are you 1 in 3?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. One in three U.S. adults has prediabetes and nine out of ten don't even know they have it! Check with your employer or insurance provider to see if this service is covered.

Take charge of your health

This program is tailored to people at risk for type 2 diabetes and encourages sustained, meaningful engagement through trained lifestyle coaches and group support. This program is ideal for working adults, giving participants the ability to complete the weekly modules when it fits into their schedule. Contact Joe Samaniego with any questions regarding cost or eligibility.



316-660-1922



joseph.samaniego@cpaaa.org