Inclusive, Online Diabetes Prevention Workshop

We invite you to join a workshop to help design an inclusive, online diabetes prevention program!

When?
Monday, September 9, 2024 8 am – noon
Or
Monday, September 9, 2024 1 pm – 5 pm

Where?
Lakeshore Foundation's Sington Room

Lakeshore is working with Yumlish to develop an inclusive, online diabetes prevention program.

Diabetes prevention programs promote modest weight loss, increased physical activity, and other lifestyle changes in **adults diagnosed with pre-diabetes**.

We need your help designing an online version of this program that works for people with physical disabilities.

- ☑ Do you have a physical disability?
- ☑ Do you have pre-diabetes?
  Take the 1-minute risk test here:
  doihaveprediabetes.org/
- ☑ Are you 18 years or older?
- ☑ Can you converse in English?

If you can answer YES to all these questions, please join us!

Participants will be compensated $50 for completing the workshop and another $50 when completing a virtual follow up feedback session.

yumlish

LAKESHORE

Interested?

Contact Lacey Gammon at laceyg@lakeshore.org or 205-403-5451 to sign up today!