

Are you at risk
for diabetes?

Diabetes Prevention Focus Group

We need your
help!

The North Country Diabetes Project and
Seven County Diabetes Network are
looking for Clinton County residents who
are at risk for diabetes and can help
determine community needs for preventing
and delaying the disease.

Topics to Include:

- *What skills do you need to prevent diabetes?*
- *What lifestyle changes are you willing to make?*
- *What services and opportunities will help you eat better and stay active?*

Information on disease prevention, samples and coupons will be available. All participants receive a \$25 gift card to Stewart's Shops and will be entered to win a prize worth \$50.

Group size is **limited** and registration is **REQUIRED**. Call the

**The North Country
Diabetes Project**

518-565-4836

today to register!

Thousands of people in the North Country
have pre-diabetes or are at risk for diabetes.

You can help!

This focus group will meet at:

The Senior Citizens Council of Clinton County
1st Floor Conference Room
5139 North Catherine Street
Plattsburgh, NY 12901

Join Us
April 16th, 2009 5-7pm