



ONE OF A KIND

At CentraState, we know that you are one-of-a-kind. And when it comes to reducing your risk of diabetes, you need a one-of-a-kind approach.

CentraState's 16-week Diabetes Prevention Program is a proven approach with significant results, as recognized by the Centers for Disease Control and Prevention.

You'll work with our certified Health Coaches to make small lifestyle changes that create lasting, health improvements toward reversing prediabetes and the risk of type 2 diabetes.

Learn more at: [🌐 livelifewellnj.com/diabetes-prevention](https://www.livelifewellnj.com/diabetes-prevention) or 📞 732.308.0570



CentraState Health® | **LIVE LIFE WELL**™