

***Prediabetes – Could this be you or your employees?***

Keep business productivity moving upward. Ensure your employees are healthy. Florida Department of Health in Hillsborough County provides the National Diabetes Prevention Program – Prevent T2 (type 2 diabetes).

This is offered free to participants and can be scheduled during lunch hours, before or after work at your site. The evidence-based, proven lifestyle change program can help keep your employees healthier and prevent diabetes from negatively impacting their lives, health insurance rates, and your bottom line. They can also join community groups held in convenient locations in the county. For more information about having an employee group at your business or for more information about registering for the program, call 813-307-8015, ext. 7111.