



**TO LEARN MORE
OR TO REGISTER:**

Contact the sponsoring organization closest to you:

- **Ellsworth Municipal Hospital**
110 Rocksylvania Avenue
P.O. Box 668
Iowa Falls, Iowa 50126
641-648-4631
- **Franklin General Hospital**
1720 Central Avenue East
Hampton, Iowa 50441
641-456-5018
- **Hancock County Memorial Hospital**
532 1st St NW
Britt, IA 50423
641-843-5000
- **Kossuth Regional Health Center**
1515 South Phillips Street
Algona, Iowa 50511
515-295-2451
- **Mercy Medical Center-New Hampton**
308 North Maple Avenue
New Hampton, Iowa 50659
641-394-4121
- **Mitchell County Regional Health Center**
616 North 8th Street
Osage, Iowa 50461-1498
641-732-6008
- **Palo Alto County Health System**
3201 First Street
Emmetsburg, Iowa 50536
712-852-5500
- **Regional Health Services of Howard County**
235 Eighth Avenue West
Cresco, Iowa 52136
563-547-2101

Yes We Can!



**Yes
We Can!**

**Families Working Together
to Prevent Diabetes**

**A FREE program to
help the whole family
make changes towards
preventing diabetes.**

**Yes
We Can!**

Yes We Can!

FAMILIES WORKING TOGETHER TO PREVENT DIABETES

The “Yes We Can!” program is FREE—everyone in the family is encouraged to attend. Come to the sessions and learn how to help prevent diabetes in yourself and your family.

JOIN US

For this FREE program to encourage more physical activity and healthful eating as a way to prevent or delay the onset of diabetes.

Help prevent diabetes in yourself and your family

SOMETHING FOR EVERYONE

Each class will consist of four sessions for the whole family which will present nutrition and health tips, and suggest activities that are simple and fun.

You'll participate in food tastings, cooking demonstrations, free samples and fun activities for the entire family. There's something for everyone!

THE “YES WE CAN!” PROGRAM WILL:

- Teach you how to add healthy eating and physical activity to your family's daily routine
- Show you how **small changes** can help you prevent or delay diabetes for you and your family
- Provide you with information to plan healthful meals for your family, both at home and when you eat out

FREE SCREENINGS

Body Mass Index (BMI) screenings are available to assess your level of fitness and determine your risk. BMI screening is completely non-invasive for both adults and children and provides simple, quick, accurate body composition evaluations.

WHO IS AT RISK FOR DIABETES?

- Family member with diabetes
- Age
(Type 2 diabetes in adolescents has increased dramatically in the last decade. Diabetes also becomes more common as you get older.)
- Being overweight
(Childhood obesity rates have more than tripled since 1980. Two-thirds of American adults are either obese or overweight.)
- Sedentary lifestyle
(Not enough physical activity)
- History of diabetes during pregnancy
(Gestational diabetes)
- Being a member of certain ethnic groups



TO LEARN MORE, CONTACT YOUR LOCAL SPONSOR LISTED ON THE BACK OF THIS BROCHURE