

# WOMEN'S LIFESTYLE BALANCE (LB) PROGRAM



***Are you interested in an education and action program  
to prevent diabetes in women at risk?***

**The program helps women at risk for diabetes:**

- Find a healthy balance between eating and physical activity
- Lose weight through healthy eating
- Increase physical activity, exercise or play
- Feel confident about lifestyle improvements
- Get support for starting and maintaining healthy changes



**You may be eligible to participate if you:**

- **Are overweight**
- **Have 'high blood sugar', pre-diabetes, or are at risk for diabetes, but do not have diabetes**
- **Are age 30 – 70 years old**
- **Have access to a smartphone, tablet, or computer (for tracking activity and food)**
- **Can attend 8 group meetings over 3 months (scheduled in the evening)**



***\$ Payment will be provided for participation.***

**For more information, please go online to: <https://is.gd/womensLB>**

**or call (415) 502-3315 or email [LB.study@ucsf.edu](mailto:LB.study@ucsf.edu)**