



# Together, we can take on diabetes.



## Whether you're living with the condition or trying to lower your risk, we're here to help.

While certain risk factors such as your age and family history might be out of your control, there are ways you can improve your overall health that are within your control. Let's make a plan to eat well, move more and manage your stress or your medications as needed.



### Lean on us for support.

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

**City of Mount Dora Employee  
Health & Wellness Center**  
2110 North Donnelly Street Suite  
200 Mount Dora, FL 32757  
Monday - Thursday 8 a.m. - 5 p.m.  
Closed daily 12 p.m. - 1 p.m.  
(352) 663-9155



#### Who can use these services?

Services are available to all employees, spouses, dependents (age 6 and up) on insurance plan.

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