

VISUAL NOTES	AUDIO
<p>00:00:00 - 00:00:06</p> <p>A middle-aged woman looks up hopefully. Her image fades to white. She images preparing a healthy meal in her kitchen. She sprinkles some cheese on a chicken wrap.</p> <p>00:00:06 - 00:00:08</p> <p>A middle-aged couple goes for a walk in the woods. Another woman does yoga on her back porch.</p>	<p><i>Music</i></p> <p>[FEMALE NARRATOR]  Imagine yourself one year from now. You've tackled your prediabetes. You're eating well...   ...staying active and reducing stress.</p>
<p>00:00:08 - 00:14:00</p> <p>The same woman from the start of the video sits and chats with friends at a table. Salad is scooped onto a plate.</p> <p>00:14:00 - 00:21:00</p> <p>The woman now stands with the same group at a Diabetes Prevention Program meeting. A female coach talks to the group.</p>	<p>[FEMALE NARRATOR]  You've even made new friends. All because you took charge of your health and lowered your risk for Type 2 diabetes.</p> <p>It's possible when you join CDC's National Diabetes Prevention Program. Coaches help you with real life solutions.</p>
<p>00:21:00 - 00:26:00</p> <p>The woman laughs. The image fades to white again and the woman is back in her home. She looks up the CDC's National Diabetes Prevention Program on her phone and taps the Learn More button.</p> <p>00:26:00 - 00:30:00</p> <p>[TEXT ON-SCREEN]  National Diabetes Prevention Program  CDC's proven program to help you prevent or delay type 2 diabetes.  <a href="http://CDC.gov/PreventType2">CDC.gov/PreventType2</a></p>	<p>[FEMALE NARRATOR]  This could be you. It can all start today. Find an online or in-person program.</p> <p>Visit <a href="http://CDC.gov/PreventType2">CDC.gov/PreventType2</a></p>