

# PREVENT DIABETES

National Diabetes Prevention Program: A Proven Lifestyle Change Program

## FREE VIRTUAL CLASS

### What is the National Diabetes Prevention Program (DPP)?

The National Diabetes Prevention Program (DPP) is a recognized lifestyle change program that can help people with pre-diabetes cut their risk of developing type 2 diabetes in half and improve overall health.

### Key components of the program:

- Evidence-based program targeted to individuals with pre-diabetes with the goal of weight loss & behavior change.
- A lifestyle coach, specially trained to lead the program.
- A support group of people with similar goals & challenges.
- This is a 4.5-month program. We meet in weekly group sessions.

### In the class you will learn how to:

- **EAT HEALTHY**
- **BE ACTIVE**
- **SELF-MONITOR**
- **PROBLEM SOLVE**
- **MANAGE STRESS**
- **CHANGE YOUR LIFESTYLE**
- **STAY MOTIVATED**
- **BE POSITIVE**

Cost: FREE



### Who:

Adults who have been diagnosed with pre-diabetes or are at risk for diabetes.

### When:

Virtual Classes

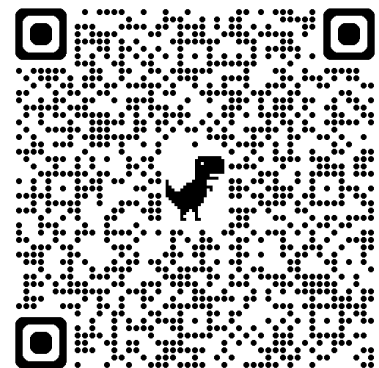
**Start Date: June 3, 2026**

(Weekly on Wednesdays)

- **Virtually via Zoom at 6:00pm**
- FREE A1C Screenings by appointment only
- Additional details and instructions will be sent after registration.

### Register using one of these options:

- Scan the QR code and fill out the registration form:



- Or use the link below:

<https://tinyurl.com/npvz56ey>