

NATIONAL DIABETES PREVENTION PROGRAM

Led by the Centers for Disease Control and Prevention (CDC)

New Class Starts on Oct 11th

Did you know that one out of three U.S. adults has prediabetes? Most don't know it.

What is prediabetes?

This means your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly 90 percent of adults who have prediabetes don't know they have it.

Those who have prediabetes combined with poor weight management and/or minimal physical activity could develop type 2 diabetes within five years.

It's time to take charge of your health. Prevent Type 2 diabetes with the National Diabetes Prevention Program.

This CDC-approved 12 month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches are typically Registered Dietitians or Registered Nurses and will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes.

Participating in this program will help you:

Learn the skills you need to lose weight, be more physically active, and manage stress

Connect with a lifestyle coach to guide and encourage you

Gain support from other members who have similar goals

Live in person class and virtual

Time: 3 to 4 pm.

Take advantage of our major class savings of over \$320

2022 Classes

Tuesday, Oct. 11, 18 & 25

Tuesday, Nov. 1, 8, 15, 22 & 29

Tuesday, Dec. 6, 13 & 20

2023 Classes

Tuesday, Jan. 10, 17, 24 & 31

Tuesday, Feb. 7, 14, 21 & 28

Tuesday, March 7, 14, 21 & 28

Tuesday, April 11 & 25

Tuesday, May 9 & 23

Tuesday, June 13 & 27

Tuesday, July 11 & 25

Tuesday, Aug. 15 & 29

Tuesday, Sept. 12

Tuesday, Sept. 26: Graduation



To register, please call:
Jess Rosner at 775-482-6561

