



NATIONAL

# Diabetes PREVENTION PROGRAM

This Lifestyle Change Program is a NO COST 1-year program proven to reduce your risk of getting diabetes.

## Who qualifies for the program?

- ✓ 18 years or older
- ✓ Overweight
- ✓ Prediabetes (blood test or screening)

## Program details:

- ✓ 16 weekly healthy eating/physical activity coaching sessions
- ✓ 6 monthly maintenance sessions following the first 16 weeks

*\*additional maintenance sessions offered in year 2 for ongoing support\**

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Are you at **RISK** for Diabetes?

Do you have **Pre-Diabetes**?

Did you have **Gestational Diabetes**?

If **YES** - this program is for **YOU!**

## Virtual-Learning Program

### Reserve your spot!

Register with the following link:

[www.preventt2d.com](http://www.preventt2d.com)



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