

Trying to lower your risk of type 2 diabetes?

Sign up for the

National Diabetes Prevention Program

The NDPP is a yearlong, evidence-based, lifestyle change program for those who have been diagnosed with prediabetes or are at high risk of developing diabetes. Participants learn the skills and tools to change eating habits, be more active, and lose a modest amount of weight in order to prevent or delay type 2 diabetes.

TOPICS INCLUDE:

mindful
eating

physical
activity

triggers

self-talk

diet trends
and myths

plant
based
eating

stress

social
support

sleep

and
much
more!

CLASS REQUIREMENTS:

- Be aged 18+
- Have a body mass index of 25+
- Have prediabetes or be considered at risk
- NOT already have type 2 diabetes
- NOT be pregnant

FOR MORE INFORMATION:

Visit

www.livewell4health.org/diabetes-prevention

OR

Contact Holly Joseph

231-316-8558 (OFFICE)

hjoseph@dhd10.org (EMAIL)