

Diabetes Prevention Program



The Diabetes Prevention Program is designed to help prevent type 2 diabetes.

ARE YOU AT RISK FOR DIABETES?

- Had gestational diabetes or had a baby weighing more than 9 pounds?
- Have a parent with diabetes?
- Have a sibling with diabetes?
- Overweight and inactive?
- Older than 45 years of age?
- Are you African American, Hispanic/Latino American, American Indian, Alaska Native, Pacific Islanders and/or Asian American?

This year-long program is recognized by the Centers for Disease Control and Prevention (CDC) and is part of the National Diabetes Prevention Program.

WORK WITH TRAINED LIFESTYLE COACHES – Don Traller, PA-C, CDE, and Nancy Visitacion, RN, CDE, use a group-support environment to help you:

- Improve food choices and learn to eat healthy.
- Increase physical activity.
- Lose 5-7% of your body weight.
- Manage stress.
- Stay motivated.

Call **246-1380** to register, or for more information.

WilcoxHealth.org