

# DIABETES PREVENTION PROGRAM

Type 2 diabetes can be prevented! If you have been told you are prediabetic or you think you may be at risk of developing diabetes, this program is for you. The yearlong program focuses on making realistic, lasting behavior changes:

- Building healthier eating habits
- Increasing physical activity
- Managing stress
- Gaining peer support

The program begins with weekly sessions, and this lessens to monthly sessions over the course of the year. Sign up today because participating in this program can cut your risk of developing type 2 diabetes in half!

## TWO Options Available:

### ONLINE ON THURSDAYS

**When:** Sessions meet Thursdays from 12-1 p.m. beginning on June 18

**Where:** Online via Zoom (link will be provided after registration)

**Cost:** FREE.

**Register:**

[bit.ly/SanfordDPPSummerThursdays](http://bit.ly/SanfordDPPSummerThursdays)



Scan the QR to the left.

### ONLINE ON MONDAYS

**When:** Sessions meet Mondays from 1-2 p.m. beginning on June 22

**Where:** Online via Zoom (link will be provided after registration)

**Cost:** FREE.

**Register:**

[bit.ly/SanfordDPPSummerMondays](http://bit.ly/SanfordDPPSummerMondays)



Scan the QR to the right.



*These classes are free to participants due to funding in part by the State of Nevada Division of Public and Behavioral Health and the Jean Sanford Endowment.*