



Learn to make lifestyle changes to prevent type 2 diabetes



## The **Diabetes Prevention Program** will help you:

- Lose 5% of your body weight
- Increase physical activity
- Learn about healthy eating
- Learn practical strategies for staying motivated
- Learn to manage stress, solve problems, and avoid negative thoughts

Class meets weekly for 16 weeks and then monthly for 6 months. Each session is one-hour in length.

## **What you should know**

Among people 65 years or older, **23.1 million** have prediabetes

Research has shown this program **delays the onset** of type 2 diabetes by 58%.



Helping you achieve your life goals.

Interactive classes that increase your ability to live a full and healthy life.

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## The **Diabetes Prevention Program** is for you if you:

- Have a diagnosis of pre-diabetes or are at risk for diabetes
- Are overweight (BMI greater than 24)
- Are at least 18 years of age
- Are motivated to lose weight, live a healthier life, and make a significant commitment to the program

The Diabetes Prevention Program is an evidence-based program developed by the CDC. Classes include presentations about healthy eating, increased physical activity, and getting motivated and group discussions to develop goals and problem solve together.

**Join us** for this small-group class, in your community, with your neighbors.

To find classes in your area visit:

**[yourjuniper.org](http://yourjuniper.org)**

Developed by the Center for Disease Control and Prevention (CDC) and is led by CDC-certified coaches.