

NATIONAL DIABETES PREVENTION PROGRAM

Led by the Centers for Disease Control
and Prevention (CDC)

**Did you know that one out of three U.S. adults
has prediabetes? Most don't know it.**

What is prediabetes?

This means your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly 90 percent of adults who have prediabetes don't know they have it.

Those who have prediabetes combined with poor weight management and/or minimal physical activity could develop type 2 diabetes within five years.

It's time to take charge of your health. Prevent Type 2 diabetes with the National Diabetes Prevention Program.

This CDC-approved 12 month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches are typically Registered Dietitians or Registered Nurses and will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes.

Participating in this program will help you:

- ▶ Learn the skills you need to lose weight, be more physically active, and manage stress
- ▶ Connect with a lifestyle coach to guide and encourage you
- ▶ Gain support from other members who have similar goals.

**Dignity Health WomensCare & Community Outreach at 2651 Paseo Verde Pkwy., Ste. 180
Time: 4 to 5 p.m.**

2017 Classes

Wednesday, Sept. 13 and 20
Wednesday, Oct. 4, 11 and 18
Wednesday, Nov. 1, 8 and 15
Wednesday, Dec. 6 and 13

2018 Classes

Wednesday, Jan. 3, 17 and 31
Wednesday, Feb. 7 and 14
Wednesday Mar. 14 and 21
Wednesday, Apr. 11

Wednesday, May 9
Wednesday, June 13
Wednesday, July 11
Wednesday, Aug 8

Take advantage of our class discount - \$40 to enroll, \$10 per session!

To register, please call **702-616-4914**.

Let's work together towards a healthier you!

