



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.

yourjuniper.org | Toll Free 1.855.215.2174



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

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