



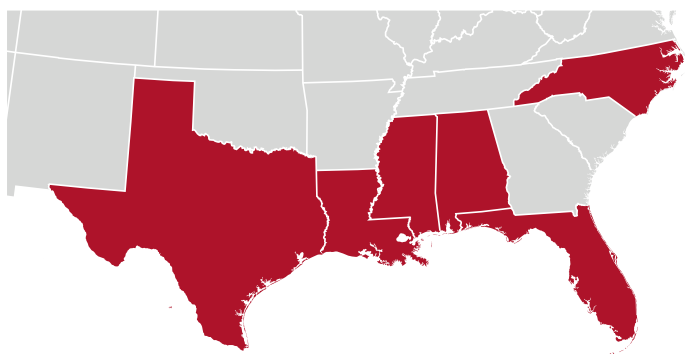
Eat Healthier. Increase Physical Activity. Prevent Diabetes!

Get support from a trained Lifestyle Coach and get healthier!

Small Lifestyle Changes Can Prevent Diabetes

The National Diabetes Prevention Program (National DPP) lifestyle change program, approved by the Centers for Disease Control and Prevention (CDC), **has been shown to reduce the risk of developing type 2 diabetes by 58% (71% in those 60 or older).**

In the program, a trained lifestyle coach provides you with personalized support in a group setting to help you discover healthy lifestyle changes that reduce your diabetes risk and improve your overall wellbeing.



The National DPP is available nationwide, however, the ADA's Diabetes Prevention Alliance offers an opportunity for people in **Alabama, Florida, Louisiana, Mississippi, North Carolina, and Texas** to enroll in ADA's network of high-quality programs.

Learn more about the program and see if you qualify. **If you have Medicare, the program may be at no cost for you to join!**



Topics Covered:



Healthy eating:

Discover how small changes to foods you currently eat can make them delicious and more nutritious.



Physical activity:

Learn how to incorporate physical activity into your daily routine.



Stress management:

Learn techniques to reduce stress and improve mental wellbeing.



Overcoming challenges:

Navigate common obstacles like eating when dining out or on vacation.



Getting back on track:

Learn how to bounce back when setbacks happen.

How You'll Benefit:

- Increase energy, improve sleep, memory, balance, and flexibility
- Lower your blood pressure and cholesterol
- Reduce your risk of heart attack and stroke
- **AND prevent or delay type 2 diabetes**

Visit dpp.diabetes.org/preventdiabetes

and click on the Start button to take the first step towards a healthier, happier you.

(844) 310-3310

