

NEW YEAR NEW YOU!

NATIONAL DIABETES PREVENTION PROGRAM: A PROVEN LIFESTYLE CHANGE PROGRAM



Are you eligible for the program? Please check at least two of the following criteria:

- ☐ 18 years of age or older (required)
- ☐ BMI ≥ 24 kg/m² (≥ 22 if Asian)
- ☐ Diagnosis of pre-diabetes or Gestational Diabetes Mellitus based on one or more of the following:
fasting blood glucose (range 100-125 mg/dl); 2 hour glucose (range 140-199 mg/dl); hemoglobin A1c (range 5.7-6.4); and/or previous Gestational Diabetes Mellitus (may be self-reported)

IN THIS CLASS YOU WILL LEARN HOW TO:



EAT HEALTHY



BE ACTIVE



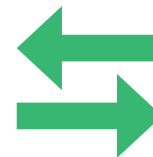
SELF-MONITOR



PROBLEM
SOLVE



MANAGE
STRESS



CHANGE
YOUR LIFESTYLE



STAY
MOTIVATED



BE POSITIVE

Who:

People who have been
diagnosed with pre-diabetes or
are at risk for diabetes

When:

Mondays at 6 PM

Classes begin February 6, 2017
and last 12 months

Weekly: February-May

Bi-weekly: June-July

Monthly: August-February 2018

Where:

Public Health Clinic South
2433 Regency Road

For more information contact
Tara Mason, Health Educator, at
859-288-2347.

