

DIABETES PREVENTION PROGRAM (DPP) - VIRTUAL CLASSES

FREE
DIABETES
VIRTUAL
CLASSES

One out of three adults have prediabetes and nine out of ten with prediabetes don't even know they have it. Type 2 diabetes can be prevented.

Small changes can make a big difference in your health and helping you to prevent the development of Type 2 diabetes. The Diabetes Prevention Program is a research based program that focuses on lifestyle changes related to healthy eating, active living, problem solving and coping skills. This program is led by certified instructors who are lifestyle coaches that can give you the skills you need to make lasting, healthy lifestyle changes. The Diabetes Prevention Program has been proven twice as effective as medication alone in preventing Type 2 diabetes. This program includes sixteen virtual weekly sessions, followed by monthly maintenance sessions to help you better manage your health.

Participate from the safety and convenience of your own home.



VIRTUAL SESSIONS NOW AVAILABLE

DAY	AVAILABLE COURSES	TIME
Tuesdays	Aug.18: Informational session (<i>strongly encouraged</i>) Weekly sessions: Sept. 1 - Dec. 15	6–7 p.m.
Wednesdays	Sept. 2: Informational session (<i>strongly encouraged</i>) Weekly sessions: Sept. 16 - Dec. 30	noon to 1 p.m.
Thursdays	Sept. 17: Informational session (<i>strongly encouraged</i>) Weekly sessions: Oct. 1 - Jan. 14	6–7 p.m.
Mondays	Sept. 21: Informational session (<i>strongly encouraged</i>) Weekly sessions: Oct. 5 - Jan. 18	6:30–7:30 p.m.
Fridays	Oct. 2: Informational session (<i>strongly encouraged</i>) Weekly sessions: Oct. 16 - Jan. 29	noon to 1 p.m.



TO REGISTER FOR ONE OF THESE WORKSHOPS,
Please call **800-633-7377** or visit **classes.beaumont.org**