

WANT TO MAKE HEALTHY CHANGES?
Let Denver Health Medical Plan help get you there!

National Diabetes Prevention Program

Cut your risk of developing type 2 diabetes and reduce serious conditions associated with prediabetes! The National Diabetes Prevention Program is a research-based program to help you **lose weight** and **prevent diabetes**. Whether you have 10 lbs to lose, or over 50 lbs, this is the **RIGHT** program for you. You can attend **25 classes** over a full year! Plus, you'll get **one-on-one** attention from our expert coaches.

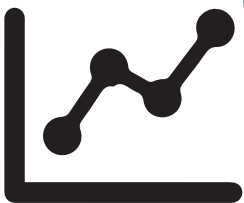
You Will Learn How To:



EAT HEALTHY
WITHOUT GIVING
UP ALL THE
FOODS YOU
LOVE



COPE WITH
CHALLENGES
THAT CAN
DERAIL YOUR
HARD WORK



GET BACK ON
TRACK IF YOU
STRAY FROM
YOUR PLAN -
EVERYONE SLIPS
NOW AND THEN



ADD PHYSICAL
ACTIVITY TO
YOUR LIFE, EVEN
IF YOU DON'T
THINK YOU HAVE
TIME



DEAL WITH
STRESS

FEATURES OF THE PROGRAM:

- » A TRAINED COACH TO GUIDE AND ENCOURAGE YOU
- » GROUP SUPPORT
- » SKILLS TO HELP YOU LOSE WEIGHT, BE MORE PHYSICALLY ACTIVE AND MANAGE STRESS

This is a Centers for Disease Control (CDC) - approved program

Plus...



TEXT MESSAGE
SUPPORT



VARIETY OF
CLASS OPTIONS

FREE FOR MEMBERS OF DENVER HEALTH MEDICAL PLAN

RESERVE YOUR SPOT BEFORE CLASSES FILL UP!

To learn more or sign up, call or email us at:

303-602-2142 | DiabetesPrevention@dhha.org