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
- **Deal with stress**
- **Add physical activity** to your life, even if you don’t think you have time
- **Eat healthy without giving up all the foods you love**

**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*

**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

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