



# Diabetes Prevention Program

**Take charge of your health and make the commitment now!**

If you have been diagnosed with prediabetes or are at risk of developing type 2 diabetes, you qualify for this program. Join us in this CDC-approved 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.

**This complimentary program offers:**

- A certified lifestyle coach to guide and encourage you
- The skills you need to be more physically active and promote healthy eating habits
- Group support from other participants in the program
- Stress management and problem solving
- Reduce your risk of developing diabetes by 50%.

Interested in joining and need more information?  
Please e-mail [jemaima.tagayuna@commonspirit.org](mailto:jemaima.tagayuna@commonspirit.org).



in Collaboration with



Learn strategies to help prevent or delay type 2 diabetes.

1-in-3 Americans has prediabetes and 90% do not know they have it.

Unsure if you're at risk?

Take the test at [doihaveprediabetes.org](http://doihaveprediabetes.org).

Topics include choosing healthy food, staying active, goal setting, getting support, reducing stress, and more!

**Join us in person  
Saturdays, starting March 8  
10:00-11:00 a.m.**

**Class Facilitator: Lisa Contreras, RDN, LD,  
CDCES**  
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