



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 in person or virtually or need more information?

Please call **702.620.7800** or e-mail jemaima.tagayuna@dignityhealth.org.



Dignity Health®

St. Rose Dominican

in Collaboration with



Nevada Health Partners

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.

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

**Classes begin
Saturdays,
February 24, 2024
10:00 -11:00 a.m.**

