## A New Free Program at Banner for People Who Have Been Diagnosed with Pre-diabetes!

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<th>Join the Banner-UMC Diabetes Prevention Program!</th>
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<td>The Diabetes Prevention Program is a highly successful national program that helps people reduce their risk for developing Type 2 diabetes in the future.</td>
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Join our expert Lifestyle Coach who will work with a small group of adults. Through learning, discussing, and practicing, everyone has a better chance of making a positive change in their health!

### What’s In It For You?

- **Lose weight**
- **Reduce your risk for type 2 diabetes**

### How Does This Happen?

- **Eat Healthy**
  - Learn about eating smaller portions.
  - Discover healthier foods.

- **Increase Your Physical Activity**
  - Learn easy ways to move more in your normal day.

- **Take Small Steps**
  - Learn how small changes can add up to big successes.

- **Stay Motivated**
  - Share your successes and challenges with your group every week.
  - After 16 weeks, stay motivated with monthly group sessions.

### What:

The Diabetes Prevention Program is offered throughout the year. Join a group and continue with this group for a full year. If you cannot join the current group, then you may be able to join the next one that is scheduled!

**Weekly Group Sessions:** Join us for 16 weeks of weekly group sessions where you learn and practice ways to be healthier and happier.

**Monthly Group Maintenance Sessions:** Continue with monthly sessions for the rest of the year to keep learning, practicing, and staying motivated on your journey to good health!

### When:

**Weekly Sessions:**
- **Tuesdays, January 23-May 15, 2018, 5:30—6:30 p.m.**
- **Fridays, January 26-May 18, 2018, 11 a.m—12 p.m.**

Limited slots available, so you must REGISTER IN ADVANCE by January 19, 2018.

### Where:

The hour-long sessions are held at the Banner UMC South Diabetes Prevention & Education Center in the Abrams Building at 3950 S. Country Club Rd., on the corner of E. Ajo Way and Country Club.

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**To register or see if this program is right for you,**
call Chuck Palm at (520) 626-1609, or email charles.palm@bannerhealth.com