



Banner-University Medical Center's **DIABETES PREVENTION PROGRAM**

Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had diabetes when you were pregnant?

Join our expert Lifestyle Coach who will work with a small group of adults to help you become healthier and prevent getting type 2 diabetes!

Not sure? Call us!

This program is free to anyone!

No co-pay required.

To register or to see if this program is right for you, contact:

(520) 626-1609

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You may be at risk for type 2 diabetes, but you can do something about it.

What The Diabetes Prevention Program (DPP)

Cost Free, all materials provided

When Mondays, 5:30-6:30 pm
Orientation Sessions:
5/13/19, 5/20/19, 5/27/19
First Session: 6/3/19

Thursdays, 11 am-12 pm
Orientation Sessions:
5/16/19, 5/23/19, 5/30/19
First Session: 6/6/19

How Take part in 16 weekly, 1-hour group sessions and 6 monthly follow-up sessions with a trained Lifestyle Coach

Where Banner- UMC South Diabetes Prevention & Education Center
Abrams Public Health Building
1st Floor
3950 S. Country Club Rd., on the corner of E. Ajo Way and Country Club