

Banner-University Medical Center's DIABETES PREVENTION PROGRAM



**Lose weight and
get more active in
this program!**

Diagnosed with pre-diabetes?

Or have risk factors like:

- Family history of diabetes
- Diabetes when pregnant
- Overweight or obese
- Inactive lifestyle
- Part of a high-risk group

Not sure? Contact us!

**No co-pay required
This program is free & online
from home or office**

**With the Banner-UMC Diabetes
Prevention Program, you get:**

- Proven program to prevent or delay type 2 diabetes
- CDC-approved curriculum and trained lifestyle coach
- Year-long program with weekly classes the 1st six months then monthly for the 2nd 6 months
- Group support

 **Banner Health**

**SIGN UP FOR A NEW
GROUP STARTING IN
AUGUST!**

**FIRST CLASS 8/18/21
LAST SIGN UP 9/8/21**

**Choose from 2 times!
Wednesdays
Noon - 1 pm MST
or
5:30 - 6:30 pm MST**



Call (520) 694-8041

email tucsondiabetes@bannerhealth.com