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!

SIGN UP FOR A NEW GROUP STARTING IN AUGUST!

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

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

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

Call (520) 694-8041
email tucsondiabetes@bannerhealth.com