



# Diabetes Prevention Program



## Take proactive steps toward better health.

Are you at risk for Type 2 diabetes? The Diabetes Prevention Program is a structured six-month lifestyle intervention designed to help you take proactive steps toward better health. Through a combination of education, exercise and ongoing support, you'll gain the tools to reduce your risk and build lasting habits that support long-term wellness.

### What's included:

- › Guided educational sessions led by health and wellness professionals
- › A1C testing and regular health assessments
- › Personalized exercise programming
- › Full access to the Fitness Center for the duration of the program

### Eligibility:

- › Must be at least 18 years old
- › Not pregnant
- › Have a body mass index of 25 or higher
- › Not diagnosed with diabetes

Space is limited. Reach out to your preferred location today to get more information. **Take the first step toward a healthier future.**

Northwestern Medicine Delnor Health & Fitness Center  
[delnorhfc.com](http://delnorhfc.com)

Northwestern Medicine Kishwaukee Health & Wellness Center  
[nmkishhwc.com](http://nmkishhwc.com)

## Cost

\$198 (per member, per site)

## Locations

**Northwestern Medicine  
Delnor Health & Fitness Center**  
296 Randall Road  
Geneva, Illinois 60134

**Weekly program begins July 9  
Wednesdays, 9-10 am**

**Northwestern Medicine  
Kishwaukee Health & Wellness  
Center**

626 Bethany Road  
DeKalb, Illinois 60115

**Weekly program begins July 8  
Tuesdays, 9-10 am**

**To register, please call  
877.926.4664 or scan  
the QR code below.**

