

# Learn How to Prevent Diabetes



The Diabetes Prevention Program helps you lead a healthier life. Learn about food choices, exercise and weight loss. A trained lifestyle coach leads small group sessions over the course of one year. This program was started by the Centers for Disease Control and Prevention (CDC) and offers proven results.

If you have prediabetes or are at high risk for type 2 diabetes, this program is for you. When you register, we will do a short screening to see if you qualify. If you do, and if you commit to the program, the fee is \$100. This covers 16 weekly sessions in the first six months, and six monthly sessions in months seven through 12. Each session lasts one hour.

**Please join us to learn more.**

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Diabetes Prevention Program  
information meeting

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HealthTrack Sports Wellness  
875 Roosevelt Road, Glen Ellyn

Northwestern Medicine  
Diabetes Education  
308 Randall Road, Suite B  
Geneva

Classes are held throughout  
the year. For dates and times,  
please call 630.933.7723  
(TTY: 711).

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