

# Learn How to Prevent Diabetes



The Diabetes Prevention Program helps you lead a healthier life. Learn about food choice, 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 and offers proven results.

If you have prediabetes or are at high risk for developing type 2 diabetes, this program is for you. When you register, we will conduct a short screening to see if you qualify. If you do, and if you commit to the program, the fee is \$150. This covers 16 weekly sessions in the first six months, and six monthly sessions in months seven through 12. Sessions last one hour. You will get \$100 back if you complete the program.

**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

For dates and times, call  
630.315.1700.  
TTY for the hearing impaired  
630.933.4833.