

# Diabetes Prevention Program

*Commit to better health!*

The Diabetes Prevention Program (DPP) is a 1-year lifestyle change program based on research led by the National Institutes of Health and is open to all UCR faculty and staff. DPP is designed for non-diabetic individuals ages 18 and older who have pre-diabetes or are at risk for type 2 diabetes. This program provides education, encouragement, and the tools necessary to help you reach your health goals. The program includes:

- 1-hour sessions led by trained lifestyle coaches – held weekly for the first 3 months, bi-weekly the following 3 months, and monthly for the last 6 months
- Information on nutrition, ways to increase physical activity, stress management techniques, and diabetes prevention education.
- Group discussions and problem-solving strategies for overcoming common challenges to lifestyle change.
- The program sessions are free and will begin in early September

To participate, please contact Julie Chobdee by **July 13, 2018**.

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