

DIABETES PREVENTION PROGRAM



University of Nevada, Reno
School of Medicine

What is prediabetes?

This means your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly 90 percent of adults who have prediabetes don't know they have it. Those who have prediabetes combined with poor weight management and/or minimal physical activity could develop type 2 diabetes within five years.

This CDC-approved 12-month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes. There will be a \$50 non-refundable supply fee - financial assistance is available.

9 OUT OF **10** don't know they have prediabetes
Could you be one of them?

Participating in this program will help you:

Learn the skills you need to lose weight, be more physically active, and manage stress, connect with a lifestyle coach to guide and encourage you, and gain support from other members who have similar goals.

The workshop is hosted by the Sanford Center for Aging and the Division of Endocrinology, Clinical Nutrition and Metabolism.

Orientation Classes:

Feb 11, 1:00 p.m. and Feb 14, at 10:00 a.m.

Mondays at 1:00 p.m.

2019
February 25
March 4, 11, 18, 25
April 1, 8, 15, 22, 29
May 6, 13, 20, 28
June 3, 10, 24
July 8, 29
August 19
September 9, 30
October 21
November 18
December 9

2020

January 6, 27
February 10, 24

Thursdays at 10:00 a.m.

2019
February 28
March 7, 14, 21, 28
April 4, 11, 18, 25
May 2, 9, 16, 23, 30
June 6, 13, 27
July 11
August 1, 22
September 12
October 3, 24
November 21
December 12

2020

January 9, 30
February 13, 27

To register, please call:

(775) 784-1583 or online at: <https://bit.ly/2K6duXI>

Workshops will be located in the Division of Endocrinology, Center for Molecular Medicine Building, University of Nevada, Reno

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