

# YOU CAN MAKE A **Free!** CHANGE FOR LIFE



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

You can prevent or delay type 2 diabetes! Sign up today and make a change for life!

Find out how to enroll by contacting:

**423-744-3249**

*Need a class@ your site?  
We'll come to you!*

**Starts: September 1, 2021**

**12:00pm-1:00pm**

**Conference Room, Starr Regional Medical Center, Etowah**

	<b>Session Date</b>	<b>Session Title</b>
<b>Week 1</b>	<u>September 1, 2021</u>	Welcome to the National Diabetes Prevention Program
<b>Week 2</b>	<u>September 8, 2021</u>	Be a Fat and Calorie Detective
<b>Week 3</b>	<u>September 15, 2021</u>	Reducing Fat and Calories
<b>Week 4</b>	<u>September 22, 2021</u>	Healthy Eating
<b>Week 5</b>	<u>September 29, 2021</u>	Move Those Muscles
<b>Week 6</b>	<u>October 6, 2021</u>	Being Active: A Way of Life
<b>Week 7</b>	<u>October 20, 2021</u>	Tip the Calorie Balance
<b>Week 8</b>	<u>October 27, 2021</u>	Take Charge of What's Around You
<b>Week 9</b>	<u>November 3, 2021</u>	Problem Solving
<b>Week 10</b>	<u>November 10, 2021</u>	Four Keys to Healthy Eating Out
<b>Week 11</b>	<u>November 17, 2021</u>	Talk Back to Negative Thoughts
<b>Week 12</b>	<u>December 1, 2021</u>	The Slippery Slope of Lifestyle Change
<b>Week 13</b>	<u>December 8, 2021</u>	Jump Start Your Activity Plan
<b>Week 14</b>	<u>December 15, 2021</u>	Make Social Cues Work for You
<b>Week 15</b>	<u>December 29, 2021</u>	You Can Manage Stress
<b>Week 16</b>	<u>January 5, 2022</u>	Ways to Stay Motivated
<b>Monthly 1</b>	<u>January 12, 2022</u>	Heart Health
<b>Monthly 2</b>	<u>February 15, 2022</u>	Healthy Eating- Taking it One Meal at a Time
<b>Monthly 3</b>	<u>March 22, 2022</u>	Balance Your Thoughts
<b>Monthly 4</b>	<u>April 20, 2022</u>	Handling Holidays and Special Events
<b>Monthly 5</b>	<u>May 18, 2022</u>	Preventing Relapse
<b>Monthly 6</b>	<u>June 15, 2022</u>	Staying on Top of Physical Activity
<b>Monthly 7</b>	<u>July 20, 2022</u>	More Volume Fewer Calories
<b>Monthly 8</b>	<u>August 17, 2022</u>	Prevent Type 2 for Life!