



# DIABETES PREVENTION PROGRAM

## Location

New workshop locations are forming in a community near you!

## Cost

Diabetes Prevention Program workshops are covered by various funders and insurers. Contact the Diabetes Prevention Center for more information.

## Join today!

Visit [www.nkfm.org/dpp](http://www.nkfm.org/dpp) to fill out a participation interest form or to register for a scheduled workshop.

## Questions?

Call 800-482-1455 or email [preventdiabetes@nkfm.org](mailto:preventdiabetes@nkfm.org).

## Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The **Diabetes Prevention Program** will help you take steps to prevent type 2 diabetes.

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**Move those muscles**  
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**Control your portions**  
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**Find your healthy weight**  
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**Be part of a group**  
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**Manage stress**  
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**Stay motivated**  
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**16 weekly sessions followed by monthly maintenance sessions**  
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