

# Upcoming Diabetes Prevention Program



Free Informational Session – March 15, 2018

7 am at Annie Jeffrey Memorial Health Center dining room

**Eating healthy food and being active are good for health and  
can help you avoid  
Illnesses, like diabetes.**

**Those who join this class get the help and support they need to make  
healthy changes for life.**

## Who is eligible?

**Those who are at risk for developing Type 2 Diabetes.**

To learn more or to sign up, contact:

Sandra Burwell RD

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(402) 747-2031

## Diabetes Prevention Program

- Program is geared toward those with **Pre-diabetes** - lifestyle change can **reduce the risk of developing Type 2 diabetes by 58%.**
- One year program - meets weekly for the first 16 weeks, then monthly for 8 months as the participant's transition to more self-monitoring.
- During the sessions, participants weigh in weekly to track progress and report the number of minutes of physical activity.
- 'During each session, participants work with the Lifestyle coach and the group to overcome barriers to a healthy lifestyle. The group interaction is crucial to the program's success. With a supportive group to cheer your successes and empathize with setbacks, you don't have to make lifestyle changes alone.
- There are two overall goals of the program: 1) Lose 7% body weight and 2) achieve 150 minutes of activity each week.
- Cost - \$35 for one year. (AJ will refund \$30 if participant completes the entire year.)
- Informational session Tuesday, March 15, 2018 at 7am here at AJ.
- To register or if you have questions – contact
- Sandra Burwell RD at 402-747-2031 or [sandra.burwell@ajhc.org](mailto:sandra.burwell@ajhc.org)

**Annie Jeffrey**

Memorial County Health Center

