

# Diabetes Prevention

A self-management workshop to help you get more active, lose weight, and decrease your risk of getting diabetes.

It's important to take steps to reduce your risk and prevent diabetes. This is because diabetes can lead to serious health problems. You have a greater risk of getting diabetes if you:

- Are overweight or obese
- Don't get enough exercise
- Have high blood pressure
- Have abnormal cholesterol
- Have a parent, brother, or sister with diabetes

The good news is there's a lot you can do to help prevent diabetes—and we can help. Get started today by joining a Nationally Recognized Diabetes Prevention Program near you.

## The Workshop The Diabetes Prevention Program

### WHAT THE DIABETES PREVENTION PROGRAM OFFERS

Education and support to help you adopt healthier eating and exercise habits that can lead to weight loss and reduce your risk of getting diabetes.

### TIMING

Participants meet once a week for the first 16 weeks. Following that, they meet every other week, and then monthly for a total of 25 sessions over a year.

### WHO IT'S FOR

People at risk for developing type 2 diabetes.

### FOR INFORMATION...

For information on the **Diabetes Prevention Program**, contact:

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