

# Diabetes Prevention Program

Wanting to learn how to shop and prepare nutritious meals, increase physical activity, and overcome barriers for a better lifestyle to reduce your risk for Type 2 Diabetes? Join us for our **FREE** CDC-recognized lifestyle change program launching Monday, May 7, 2018 from 9:30-10:30 am located at **Providence Hospital in the Providence Diabetes and Nutrition Center large conference room**. Location Information: Address-Providence Diabetes and Nutrition Center 1160 Varnum Street, NE DePaul Professional Building, Suite 110 Washington, DC 20017. Phone-202-854-7128.

## Are you eligible?

- Must be at least 18 years old and not pregnant

### AND

- Must have a body mass index (BMI) of  $\geq 25$  kg/m<sup>2</sup>

### AND

- No previous diagnosis of Diabetes –OR– Chronic Kidney Disease

## Have one of the risk factors below:

- A positive screening for prediabetes based on the CDC or ADA Screening Test
- Fasting glucose of 100-125 mg/dl
- Plasma glucose measured 2 hours after a 75 gram glucose load of 140-199 mg/dl
- Clinically diagnosed Gestational Diabetes Mellitus (GDM) during a previous pregnancy

By completing the 22 sessions over the course of a year, not only will you lower your risk of developing Type 2 Diabetes, you will also receive numerous incentives and prizes!

Note: Referral and insurance is not required for participation of this program.

