



## Banner-University Medical Center's **DIABETES PREVENTION PROGRAM**

### Have you ever been told that you:

- Are at risk for getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had diabetes when you were pregnant?

Join our expert Lifestyle Coaches who work with small groups of adults to help you become healthier through weight loss and fitness and prevent getting type 2 diabetes!

Not sure? Call us!

### 2 New Groups Starting October 2019!

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**This program is free to anyone!**

**No co-pay required.**

**To register or to see if this program is right for you, contact:**

**(520) 626-1609**

**[Nicholas.Knutson@bannerhealth.com](mailto:Nicholas.Knutson@bannerhealth.com)**

**You may be at risk for type 2 diabetes, but you can do something about it!**

**What** The Diabetes Prevention Program (DPP)

**Cost** Free, all materials provided

**When** **Wednesdays starting October 2, 2019**

**2 Different Groups!**

**Group 1: 11 am—noon**

**Group 2: 5:30-6:30 pm**

**4 Orientation Sessions to help you learn about the program:**

**9/18 11 am-noon and 5:30-6:30 pm**

**9/25 11 am-noon and 5:30-6:30 pm**

**How** Take part in 16 weekly, 1-hour group sessions and 6 monthly follow-up sessions

**Where** Banner-UMC South, Diabetes Prevention & Education Center, Abrams Public Health Building, 3950 S. Country Club Rd., on the corner of E. Ajo Way and Country Club