

Healthy Life

Preventing Type 2 Diabetes Together

National Diabetes Prevention Program

FREE INFO SESSION
Summer 2023

Tues, June 13
5-6 PM

Tues, July 18
5-6 PM

No out-of-pocket costs for Medicare
& Priority Health members (with the
exception of Priority Health Medicaid).

hollandhospital.org/classes



National Diabetes Prevention Program

- Reduce your risk for developing type 2 diabetes through this year-long lifestyle change program
- Set realistic goals for reducing calories
- Find ways to enjoy being physically active
- Overcome barriers to healthy living

Diabetes Education & Prevention Team

- Certified Diabetes Care and Education Specialists (CDCES)
- Certified Medical Exercise Specialist
- Registered Nurses and Registered Dietitians
- Trained Lifestyle Coaches for the National Diabetes Prevention Program