



STARTING SOON! Class Details



WHEN:

Starting Monday, July 31 at Noon. The program lasts 12 months.



ELIGIBILITY:

- Over 18
- Overweight (BMI \geq 25)
- Diagnosis of prediabetes (blood test or questionnaire)



WHERE:

Over Zoom.



CONTACT: Ada-Mae Nandino

Email: adamaefrench@arizona.edu
or sign up on our website

University of Arizona Diabetes Prevention Program

The University of Arizona Cooperative Extension offers the Diabetes Prevention Program (DPP) across the state. The program is designed for those who are at high risk of developing type two diabetes or who have been diagnosed with prediabetes.

- Proven lifestyle change program
- Cut your risk of developing diabetes in half!
- Learn how to develop healthy behaviors to prevent diabetes
- **FREE OF CHARGE! (To eligible participants)**

www.preventdiabetesAZ.org



THE UNIVERSITY OF ARIZONA
Cooperative Extension

Class Schedule

Class Title	Date & Time	Class Title	Date & Time
Introduction to the program	7/31/23 12:00 PM	Get Back on Track	12/11/23 12:00 PM
Get active to prevent T2	8/7/23 12:00 PM	Get Support	12/18/23 12:00 PM
Track your activity	8/14/23 12:00 PM	When Weight Loss Stalls	1/8/24 12:00 PM
Eat well to prevent T2	8/21/23 12:00 PM	Stay Motivated to Prevent T2	1/22/24 12:00 PM
Track your food	8/28/23 12:00 PM	Take a Movement Break	2/5/24 12:00 PM
Get more active	9/7/23 12:00 PM	Keep Your Heart Healthy	2/19/24 12:00 PM
Energy In, Energy Out	9/11/23 12:00 PM	Shop and Cook to Prevent Type 2	3/4/24 12:00 PM
Eating to Support Your Health Goals	9/18/23 12:00 PM	Find Time for Physical Activity	3/18/24 12:00 PM
Manage Stress	10/2/23 12:00 PM	Get Enough Sleep	4/1/24 12:00 PM
Eat Well Away from Home	10/16/23 12:00 PM	Stay Active Away from Home	4/15/24 12:00 PM
Manage Triggers	10/30/23 12:00 PM	More About Type 2	5/3/24 12:00 PM
Stay Active to Prevent Type 2	11/13/23 12:00 PM	More About Carbs	6/10/24 12:00 PM
Take Charge of Your Thoughts	11/27/23 12:00 PM	Prevent T2 for life	7/8/24 12:00 PM