



## *Redefine Your Health*

# Join Beaumont's Diabetes Prevention Program

**58%**

**OF NEW CASES OF TYPE 2 DIABETES CAN BE PREVENTED THROUGH PROGRAMS LIKE THE DIABETES PREVENTION PROGRAM**

Small changes can make a big difference in your health and helping you to prevent the development of type 2 diabetes. Beaumont's Diabetes Prevention Program is led by trained lifestyle coaches who will give you the skills you need to make lasting, healthy lifestyle changes. Through this year-long program, you will work as a team to focus on healthy eating, getting started with physical activity, overcoming stress and staying motivated as you work toward your weight loss and physical activity goals. After the initial 16 weekly core sessions, you will meet monthly for added support to help maintain your progress.

Beaumont's Diabetes Prevention Program is provided **FREE** of charge!

<p><b>Beaumont Health &amp; Fitness Center</b> 25631 Little Mack; Saint Clair Shores, MI 48081</p>	<p><b>Neighborhood Recreation &amp; Wellness Club</b> 17150 Waterloo; Grosse Pointe, MI 48230</p>
<p><b>Information Session</b> Thursday, January 24 2:00 - 3:00pm</p>	<p><b>Information Session</b> Thursday, March 21 6:00 - 7:00pm</p>
<p><b>Class Begins</b> Thursday, February 7 2:00 - 3:00pm</p>	<p><b>Class Begins</b> Thursday, April 4 6:00 - 7:00pm</p>

Please visit [beaumont.org/classes-events](http://beaumont.org/classes-events) or call 800-633-7377 to register.

Sponsored by:

**Beaumont**



# DIABETES PREVENTION PROGRAM

## FREQUENTLY ASKED QUESTIONS

### **How do I know if I qualify for the program?**

To qualify for this program, individuals must be overweight, at a high risk for developing diabetes or have been diagnosed with prediabetes by a physician. You can take a prediabetes risk test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) to see if you qualify or come to the Information Session to learn more about the program and speak to a lifestyle coach.

### **I have been diagnosed with diabetes, is the Diabetes Prevention Program right for me?**

This program is a prevention program for those who have been diagnosed with prediabetes or may be at risk of developing diabetes. If you are currently living with diabetes, we can connect you to other resources to help you manage your diabetes like Diabetes Self-Management Education (DSME) or the Diabetes PATH (Personal Action Toward Health) program.

### **What happens in each session?**

In a group setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, getting started with physical activity, overcoming stress and much more. Beaumont's Diabetes Prevention Program uses a curriculum developed and approved by the Centers for Disease Control and Prevention (CDC) as the education basis for each week's class.

### **How do I register?**

You can register online at [beaumont.org/classes-events](http://beaumont.org/classes-events) or by calling 800.633.7377

### **Do I need to purchase any equipment before starting the program?**

No outside equipment is necessary for this program. All supplies will be provided to you free of charge due to generous funding from the Beaumont Foundation and the Ford Motor Company Fund. Having a smartphone and access to free apps to track food intake and physical activity may be helpful, but it is not required.

### **Where can I find more information on the Diabetes Prevention Program?**

To learn about the development of the Centers for Disease Control and Prevention's National Diabetes Prevention Program, visit [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention).