



## ***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**

**Are you at risk for Diabetes???**

Small changes can make a big difference ! Join the one year diabetes prevention program to prevent developing type 2 diabetes

Learn to:

- Make lasting changes
- Focus on health eating
- Establish a healthy lifestyle
- How to be more active
- How to stay motivated

Work with a lifestyle coach to meet your healthy eating and activity goals to prevent Type 2 Diabetes!

**YOU CAN MAKE A  
CHANGE  
FOR LIFE**



### **Informational Session**

Wednesday, March 25 | 6:30 - 7:30pm

### **Weekly Sessions Begin**

Wednesday, April 1 | 6:30 - 7:30pm

**Sterling Heights Senior Center**

40200 Utica Rd. Sterling Heights, MI 48313

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

Sponsored and provided at NO COST 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 [classes.beaumont.org](http://classes.beaumont.org) 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. 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).