

Ⓜ VGTGUVGF 'Ⓜ 'QHHGTⓂ I 'VJ G'RTGXGP VKQP 'V[RG'4'F KCDGVGU'
NKHGUV[NG'EJ CPI G'RTQI TCO 'QT'C"
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National Diabetes Prevention Program

The National Diabetes Prevention Program is a 12 month community led CDC-recognized lifestyle change program that is lead by trained lifestyle coaches. As a lifestyle coach, you will provide classes to individuals who are at risk for developing Type 2 diabetes. You will learn, laugh, share stories, try new things, and help individuals lower their risk of developing Type 2 diabetes and improve their health.

Key components of the program include:

- CDC-approved curriculum with lessons, handouts, and other resources.
- Lifestyle coach training (2 day training) to equip you with the skills to encourage participants to set and meet goals by facilitating discussions and making the program fun and engaging.
- A support group of people with similar goals and challenges.

**CONTACT NELL STUART AT
SLOVER@MARSHALL.EDU IF YOU ARE INTERESTED IN HOSTING A TRAINING SESSION.**