

KP VGT GUVGF 'KP 'QHHGTKP I 'VJ G'RT GXGP VKQP 'V[RG'4'F KCDGVGU'
NKHGU[NG'EJ CPI G'RT QI TCO 'QT 'C"
F KCDGVGU'UGNH/O CPCI GO GP V'RT QI TCO 'KP '[QWT'EQWP V[A



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.**