

Diabetes Prevention Program

1 OUT OF **3** U.S. ADULTS
HAS **PREDIABETES,**
ONLY **11% KNOW**
THEY HAVE IT.



PROGRAM HIGHLIGHTS

- **One Year Course Commitment**
- **Group Classes Led by a Certified Lifestyle Coach**
- **Private Weekly Weigh-Ins**
- **Covered by Most Insurance Plans at No Cost to You**
- **Program Topics Include:**
 - Healthy Eating**
 - Being More Active**
 - Stress Management**

Please call 541-672-8533 or 541-839-1345 for more information!

You must meet eligibility requirements to participate in DPP

PREVENT T2 