

YOU CAN MAKE A CHANGE FOR LIFE



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?



You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow up sessions with a trained Lifestyle Coach.



Sessions are starting soon at the Public Health - Lewiston Office (215 10th St.)

Class 1: Tuesdays 5:30-6:30pm

Class 2: Wednesdays 12:00-1:00pm

Session 1: May 19th

Session 1: May 20th

Session 2: May 26th

Session 2: May 27th

Session 3: June 2nd

Session 3: June 3rd

Session 4: June 9th

Session 4: June 10th

Session 5: June 16th

Session 5: June 17th

Session 6: June 23rd

Session 6: June 24th

Sessions 7-16: TBD

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Presented by:



Find out how to enroll by contacting:

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