



# HOLY CROSS HEALTH

## Nation Diabetes Prevention Program

According to the CDC, "More than 84 million U.S. adults—that's 1 in 3—have prediabetes. With prediabetes, blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. People with prediabetes are at high risk for type 2 diabetes (the most common type of diabetes), heart disease, and stroke."

The Diabetes Prevention Program is a **FREE** yearlong, nationally recognized lifestyle change program that offers nutritional guidance, exercise sessions and support to help prevent or delay the onset of type 2 diabetes. Throughout the program, a trained lifestyle coach will give participants the help and support they need to make sustainable lifestyle changes to improve their health outcome.

### 2023 Schedule

Date	Time	Location
Monday, January 23	6:00-7:00 pm	Virtual

### Class Format

The program runs for one year

- ❖ Your class will continue on the same day and time from the initial meeting date.
- ❖ During the first 16 weeks, we will meet once a week.
- ❖ After that, we will transition from bi-weekly to once a month.

Participants will receive tools to help them:

- ❖ Develop healthy eating habits to safely lose weight.
- ❖ Slowly and safely increase physical activity.
- ❖ Learn valuable coping skills to problem solve and stay motivated.

For more information or to see if you qualify, please contact us at 301-557-1231 or email: [margarette.acevero001@holycrosshealth.org](mailto:margarette.acevero001@holycrosshealth.org).